

Be Your Best THANKSGIVING!

WANT TO TRY A NEW TWIST ON TRADITION? THIS THANKSGIVING, TRY NEW FOODS
AND MOVES THAT WILL HELP YOU BE YOUR BEST!

NEW T-DAY FOOD FAVES

CONE ZONE PINECONES

Check it out! These protein-packed snacks made with crunchy crackers and celery only look like festive fall pinecones! Try making this crowd pleaser for family or friends.

Serves: 1

Ingredients

- 2 Tsp. low-fat cream cheese
- 2 round whole grain crackers
- 1 ½ Tbsp. sliced almonds
- 1 skinny pretzel sticks
- 1 celery stalk, thinly sliced*

Instructions

1. For each pinecone, spread cream cheese to cover a round cracker.
2. Starting at the bottom, layer almond slices on top of the cream cheese for the scales.
3. Add a skinny pretzel stick for the stem and serve with thin sliced celery pine needles.

*SAFETY NOTE: When slicing, dice or cooking, always get your parent permission.

FunFact:

Not all pinecones are small!
Coulter pinecones are the world's heaviest, weighing up to 10 pounds!



EXCELLENT
SOURCE OF FIBER

The Mickey Check is a quick and easy way for families to identify healthier food options. The Mickey Check can be found in stores, online, on-air, at Disney theme parks, and other places where Disney products are sold. Foods and recipes that feature the Mickey Check meet Disney Nutrition Guidelines, which are continually updated to remain best-in-class to contribute to a nutritious diet.

TRENDY TURKEYS

Don't let heavy Thanksgiving foods weigh you down. Try lightening up by arranging fresh fruit into fun turkey shapes. See how many different fruits you can include in your Trendy Turkey!

Servings: 2

Ingredients

- 1 apple
- 1 orange
- ½ pear
- 1 dried apricot
- 1 Tsp. low-fat or regular peanut butter or low-fat cream cheese
- 2 raisins
- 1 nut (cashews work great)
- 1 dried cranberry

Instructions

1. Arrange apple and orange slices on a plate as shown, and lay a cored pear half on top.
2. Use scissors to halve a dried apricot, snip small triangles from each half, and tuck them under the pear to form the feet.
3. Then use peanut butter or softened cream cheese to attach raisin eyes, a nut beak, and a dried cranberry snood (above the beak).



2 SERVINGS
OF FRUIT

GOOD SOURCE
OF VITAMIN C

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Tip: Fall is harvest time and farmers' markets are loaded with tasty Thanksgiving favorites. Stop by your local farmers' market or fruit stand for fresh, organic apples and pears!

For more fun and nutritious recipes, visit [DisneyMickeyCheck.com](https://www.DisneyMickeyCheck.com).

Try a Simple Swap:

THIS YEAR, TAKE A TRADITIONAL THANKSGIVING FOOD, LIKE WHITE BREAD ROLLS, AND SWAP THEM FOR NUTRITIOUS, WHOLE GRAIN ROLLS FULL OF FIBER INSTEAD!

T-DAY MOVES YOU CAN USE

TAKE A TREK

With all the focus on Thanksgiving food, it's good to find ways to keep moving. Try new ways to make walking fun:

- Wander through a pumpkin patch or get lost in a corn maze.
- Go on a leaf-collecting walk—see how many different shades of fall colors you can collect along the way. Then, use the leaves to create an Autumn-themed centerpiece for your Thanksgiving table. It's easy. Take a vase or bowl and fill with fall leaves, acorns and pine cones you found on your walk.
- Start a new family tradition by taking the whole family for a walk before or after Thanksgiving dinner so you can be your best together!



Fact: Walking after a big meal revs up your metabolism, aids digestion and helps burn calories!

DEAD BUG MOVE

Feeling stuffed? Try this yoga move to help your belly chill after a mega-meal:

1. Lie on your back, bend your knees and hold onto the outside edges of your feet.
2. Gently use your arm muscles to pull your knees toward the floor beside your chest.
3. Relax your shoulders and your head. Ahhh...much better. Namaste!



Fact: Did you know that the customary closing remark in yoga is “Namaste” (pronounced Nah-mah-stay), meaning “thank you.” A perfect fit for this holiday!

SAFETY NOTE: Always get your parents’ help or permission before attempting this move. You never know, they may want to join you!

TRY GAME DAY BREAKS

Watching football with family and friends is a Thanksgiving ritual, but sitting for a long time doesn’t do a body good. Try fun indoor activities like jumping jacks, stretching, dancing, sit ups, or push ups to keep blood flowing & muscles active. You also can try some Game Day themed activities.

Do the Wave!

Jumping up and off the couch has never been so much fun than when you try a few rounds of The Wave!

Musical Couches, Anyone?

During commercial breaks, everyone can jump up and switch places on the couch. See how many switches you can make during the break!

For more fun activities, visit [Disney.com/BeYourBest](https://www.disney.com/BeYourBest)



GIVE THANKS BY GIVING BACK!

Did you know Family Volunteer Day is in November? Make November, and every month of the year, meaningful by volunteering with your whole family!

Here are a few ideas to help get you started:

- Collecting canned fruits and vegetables to deliver to a local food bank
- Volunteering to serve a meal together at a community shelter
- Raking leaves or shoveling snow for an elderly neighbor

VISIT [GENERATIONON.ORG/FVD](https://www.generationon.org/fvd) TO LEARN MORE ABOUT HOW YOUR WHOLE FAMILY CAN VOLUNTEER TOGETHER.

