



NOVEMBER 2021



# Rise and Shine Breakfast Burrito

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](http://CelebrateYourPlate.org)



## What's in Season: November

- Beets
- Collard Greens
- Pears
- Swiss Chard



## Featured Produce: Blueberries

**Peak Season:** Summer

**Selection:** For fresh berries, choose firm, plump, dry blueberries with a dusty blue color

**How to Prepare:** Use in a smoothie, on top of your breakfast, or on its own as a snack

**Storage:** Refrigerate for 10-14 days

**Celebrate Your Plate Kids' Activity**  
All About Dairy!

**Craft: Cow Mask Cut-Out**  
Print out this cow face and cut out the face to make your own cow mask! You can decorate the cow with spots or any design you like. Finish by attaching a popsicle stick to the bottom of the mask.

**Reuse: Milk Jug Watering Can**  
Turn your empty milk jug into a watering can and water your plants or garden! Have an adult poke several small holes in the lid then fill the jug with water. Use paint or markers to decorate your personalized watering can.

**Taste: Healthy & Kid-Approved Recipes**

- Banana Pudding in a Bag
- Mac and Cheese in a Mug
- Nice Cream

Find these recipes and more at [www.CelebrateYourPlate.org](http://www.CelebrateYourPlate.org)

## Kids' Activity Sheets

Celebrate Your Plate now has Kids' Activity Sheets on our website! These sheets include games, arts & crafts, and CYP kid-approved recipes the whole family will love! Find the Kids' Activity Sheets now under the Kids section of [CelebrateYourPlate.org](http://CelebrateYourPlate.org).