



Celebrate Good Times

This month brings lots of celebrations, parties, and get togethers. Learn how to make healthy treats the centerpiece at your next festivity. In fact, we bet if you brought our vegetable of the month to your next event, you would be the life of the party! Learn more about this month's rustic root vegetable below. Keep scrolling to view our highlighted recipes, videos, and the featured movement break of the month. As always, be sure to visit our website linked at the bottom for additional resources and fun online content.



Don't be rude-a-baga about my rutabaga!

A ruta-what? Rutabagas are a large, round, root vegetable with a hard, yellowish skin on the outside and a whitish color on the inside. They often are covered with a waxy layer, preventing this vegetable from drying out. It is a cross between a cabbage and a turnip! The word rutabaga comes from an old



Swedish word- rotabagge- which means “root bag”. It is popular in Northern Europe where you’ll hear people calling it many different names including Swedish Turnip, Neep or Snagger.

Rutabagas are a fall favorite that grow best in cool weather. You can eat them cooked or raw. The most popular way of enjoying rutabagas is roasting because it brings out their slightly bitter, buttery, sweet and savory taste that is similar to potatoes. In fact, rutabaga’s can be prepared in a lot of ways that are similar to potatoes. They can be boiled, mashed, fried, made into a soup, or even made into chips!

However you decide to eat them, know that rutabagas are great for your health! Rutabagas are a great source of vitamin C, vitamin A, potassium and magnesium. They are rich in complex carbohydrates, like fiber. This type of carbohydrate keeps us feeling fuller longer. These nutrients help your body stay healthy by protecting it from illness, keeping your eyes and teeth healthy, as well as supporting nerve and muscle function. Beyond this, they provide long lasting energy for movement and even provide boosting energy for your brain.

Now that you know about all of the wonderful benefits of this hearty veggie, I bet you’re rooting to try rutabaga... and we don’t blame you!

[Check out our video for
Greek Style Rutabaga!](#)

[Greek Style Rutabaga
Recipe Card](#)



Scan this QR Code or click [here](#) to watch the video!



Click [here](#) to download the recipe card!

Access all of our food tasting resources [here](#).



It is good to get up and do some movement every now and then to help you learn better. Your brain can only focus for a short amount of time, then you lose focus and cannot learn as well. Taking a short break every hour or so to get up and move allows your body and brain to reset and refocus, so you are ready to learn. Being active also has many other health and wellness benefits.

[Elementary School Video:](#)
[Hot Hands](#)

[Middle/High School Video:](#)
[Breath Drawing](#)

MOVEMENT BREAK **3**

Hot Hands

Time: 5 minutes
Supplies: None

EAT RIGHT
PHILLY LOCAL



Let's move!

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS)




Scan this QR Code or click [here](#) to watch the video!

MOVEMENT BREAK **3**

Breath Drawing

Time: 10 minutes
Supplies: Paper & writing implement

EAT RIGHT
PHILLY LOCAL



Let's move!

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ACTIVITY OF THE MONTH

Tree Pose

Try this movement break with your class! Have students hold tree pose for as many seconds as corresponds to the date. For example, on December 4th, have students hold tree pose for four seconds. And, on December 5th, have students hold tree pose for five seconds.

Access all of our movement break resources [here](#).



[Healthy Celebration](#)

It's a special day, let's celebrate! Taking time to slow down and celebrate special occasions with friends and family is an important part of self-care. These moments create memories, build relationships and are a fantastic opportunity to reinforce healthy habits. Read below to learn more:

1. **Go Bananas-** Make a mouthwatering spread of healthy treats by using cookie cutters to make fun shapes out of apples, watermelon, and cantaloupe. Giving these healthy treats a little pizzaz will help younger ones associate 'fun' with foods that help them grow and stay healthy.
2. **Party Moves-** focus on having fun with movement-based games like relay races, charades, a hula hoop contest, a dance party, limbo or four corners. Getting up and being active is more than healthy, it's fun, and having an enjoyable time is what celebrations are all about!
3. **Fun Alternatives to Food-** Want to make the little ones feel extra special? Surprise them with things like birthday crowns, sashes, prize boxes, stickers, silly sunglasses, or extra social time with friends. These are just a few examples of exciting non-food related rewards that younger ones will love.



Discover more tips and ideas:
[Fun Alternative to Food Rewards](#)
[Healthy Non Food Rewards](#)
[Healthy Schools In Action- Teacher](#)
[Tool Kit](#)

Click on [this link](#) to access our website, resources, and social media pages or click on the icons below.

Feel free to reach out to your nutrition coordinator or to nep@drexel.edu.

Stay Healthy!

The Drexel Eat Right Philly Team



Please email nep@drexel.edu to unsubscribe from future emails from Drexel Eat Right Philly.

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