


NOVEMBER 2020

HEALTHY AT HOME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOLIDAY BUDGET BUSTER CLOSE-UP						
1 Learn a new skill for free using online video tutorials and supplies you already have at home. Practice a mindfulness activity such as focused deep breathing.	2 Take a moment to remember someone who has passed away. Send a note to the family of the deceased or visit a grave. Do some squats and pull some weeds - either around a cemetery or in your own yard.	3 Save money (and trees) by sending electronic greeting cards the next time you send a holiday or “thinking of you” card. Incorporate a walk into your Election Day visit to the polling station. If it’s close to your home and in a safe area, walk or bike to the polls. If you drive, park farther away so you get in more steps.	4 Challenge activity: Save money on restaurants by making a special meal at home. Recreate a favorite menu item and see if you can cook it yourself for less. Rearrange your furniture. Make your room look new with stuff you already have and get some cardio at the same time!	5 Challenge activity: Build a budget. Have a family money meeting. Discuss money goals as well as other family goals. Fill out the Basic Budget Builder worksheet included in the Use Less, Spend Wisely Challenge packet from Extension. Wash your car or bike by hand. Save money and get a workout!	6 Challenge activity: Bottle up 2020. Make a time capsule with items to remember this unique time in history. Complete 10 minutes of stretches.	7 Challenge activity: Forego the bows. Choose a holiday gift and select a container with purpose. A useful container can be part of the gift, rather than using throw-away packaging and wrapping materials. While on the floor wrapping gifts, do a dozen situps. Or try chair dips if you’re at a table instead.
ALL ABOUT THAT BASTE: CREATING THE PICTURE-PERFECT TURKEY						
8 Call up a family member, friend, or neighbor to talk about what you are grateful for. Head outdoors to play, walk, jog, or bike in the picture-perfect fall colors.	9 Stand barefoot in the grass, look up toward the sky, and take a deep breath. Turkey time. Find items around the house to create an obstacle course everyone can enjoy.	10 What smells remind you of the holidays? Take time to reflect on fond memories or maybe even light a candle of a similar scent. Turn on some music and dance during meal prep and clean up.	11 Take time to write a note of appreciation and send it to an individual who has served to protect our country. Make a sign or grab some red, white, and blue flair, and go on a parade around the block.	12 Find five minutes to sit or lie down in the quiet. Turkey tag. Grab a flashlight and play a game of tag.	13 Grab a cozy blanket and snuggle up with a favorite book or magazine. Loving those holiday movies? Plan activity breaks during and between shows. Try arm circles, jumping jacks, or jogging in place.	14 Enjoy a meal around the table with loved ones and share highlights from the past week. Take a turkey trot at dawn or dusk and listen to the sounds around you.
YOUR HOLIDAY SPENDING SNAPSHOT						
15 Challenge activity: Read a book. Read a chapter book aloud with your kids or finish a novel. Find free selections at your local library. Stretch while reading! Try a simple stretch or easy yoga pose. Hold each position for five minutes of reading time, then switch.	16 Challenge activity: SMART goal setting. Choose a SMART financial goal to work toward in 2021, then draft a plan. SMART goals are Specific, Measurable, Attainable, Relevant, and Timed. Make your fitness routine SMART too! Set a SMART goal for getting active and take the first steps today.	17 Challenge activity: Declutter a space. Pick an area, such as a junk drawer, closet, attic, or basement. Clear out what you no longer need or use. Sell or donate what may benefit someone else. Try strength training while cleaning. Do squats or forward bends while putting things away. Do bicep curls with that bag of stuff you plan to donate.	18 Find free entertainment in nature by having a picnic, watching a sunset, counting stars or constellations, or telling ghost stories with a flashlight. Challenge activity: Take a hike! Go for a 30-minute walk around your neighborhood or a local park, or find a free trail to hike.	19 Celebrate Use Less Stuff Day by filling out the challenge survey before midnight tonight at https://www.facebook.com/MoneyWise . How did you #UseLessSpendWise? Add some cardio as you clean out some of your “useless” stuff! Make extra trips so you can jog the stairs.	20 Pay attention to pronouns. If you are unsure which to use, listen first. Consider adding your pronoun (he/him or she/her) to your email signature or introduction. Practice self-care, such as a few minutes of meditation.	21 Give your kids a money lesson through experience. Assign part of your grocery list and the funds to match to your youngster and let them make some choices. Dance in the living room to your favorite song.
THANKSGIVING WEEK						
22 Do one thing today to help you prepare for the week. Examples: Write out your schedule for the week. Pack your bookbag. Check your homework. Pack your lunch. Pick out your clothes for the week. Self-Care Sunday. Make time to do something you really like today.	23 Pause for Thanks. Stop during the middle of a busy activity to name five things you are thankful for. Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.	24 Before Bed Breathing. While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe. Freeze Dance. Have someone start and stop music. When the music is on, dance; when it’s off, strike a crazy pose.	25 Compliment Someone. Today give someone a genuine compliment. Examples: I like your hairstyle today. I like that you’re helpful. Play Simon Says. Someone is “Simon” and everyone else has to do what Simon says, but only when he/she says “Simon says” first.	26 Make a list of everything you are thankful for! Scavenger Hunt. Split into two teams; make a list of 20 things related to fall, and race to see which team can find them first.	27 Empty your mind before you got to bed by writing a note about what you are thinking and leave it for tomorrow. Move Your Arms. Complete 10 Arm Circles, front and back; 10 Forward punches; 10 Raise the Roofs. Repeat 3x	28 Music Break. Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished? It’s holiday season!
HOLIDAY MEMORABLE MOMENTS		<div>   <div>  Strength  Aerobic  Flexibility/Self care </div> </div>				
29 Bring or send decorations to those who might not have them. Make some if you do not have extras. Decorate your home for the holidays. Help someone decorate who cannot do so for themselves.	30 Start thinking about ways the holidays may look different because of the pandemic. Start planning. What sorts of twists might you have to make on long-standing traditions? How can you adjust travel plans or include isolated friends and family? Rake the last of the fall leaves. Help a neighbor or someone who can’t safely rake.					

Holidays at
HOME 
THANKSGIVING
MENU CALORIE COMPARISON

 College of Agriculture,
Food and Environment
*Family and Consumer
Sciences Extension*

Main Dish 3 1/2 oz. Roasted Turkey 240 calories per serving
3 1/2 oz. Baked Ham 308 calories per serving

Standard Recipes

Sides Calories per serving

Clam Chowder **504**
Sweet Potato Casserole **438**
Green Bean Casserole **264**
Mashed Potatoes **212**
Cranberry Salad **293**
Macaroni & Cheese **421**
Corn Pudding **257**

Roll with butter **150**

Pumpkin Pie **374**

TOTAL **3,416**

TOTAL with turkey alone **3,108**

Plate it up! KY Proud Recipes

Sides Calories per serving

Broccoli Chowder **180**
Sweet Potato Crisp **240**
Green Bean Medley **150**
Turnip Tater Mash **50**
Very Berry Salsa **40**
Noodles Florentine **206**
Country Ham & Broccoli Grits **120**

Sweet Potato Biscuit **100**

Cushaw Pie **250**

TOTAL **1,884**

TOTAL with turkey alone **1,576**



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