



Happy November to All!

This is the first Nutrition Nugget message from your CCSC District Wellness Coordinator. I will be sending these out each month to all with some fun facts, nutrition facts and a little humor with a meme and maybe some "bad" but funny jokes. I hope you enjoy!

Melissa Pixley

"The USDA is an equal opportunity provider."



November's Nutrition Nugget is about the Great Pumpkin!

Click on the link to gain some pumpkin knowledge! [Pumpkin Nutrition Facts & Health Benefits](#) Click on the link to see some tasty pumpkin recipes from the USDA Blog [Celebrate with Pumpkin, 5 Different Ways](#)

Now for some Thanksgiving Fun!

Why did the music band need a turkey?

FunKidsJokes.com



Because he had the drumsticks

Did you know?-"Every year, the president pardons a turkey, sparing it from being eaten on Thanksgiving. President Truman started the tradition in 1947." Maybe more turkeys need to "band" together instead! Ba-dum-bump!!

Enjoy a few Thanksgiving Jokes from [FunKidsJokes.com](#) Visit their website for more!

- Q: If pilgrims travel on the Mayflower, then what do college students travel on? A: The Scholar Ships.
- Q: Why did the farmer steamroll his potato field before Thanksgiving? A: He wanted to grow mashed potatoes.
- Q: Where did they take the [Mayflower](#) when it was sick? A: The nearest doc.
- Q: What kind of music did the Pilgrims like to listen to? A: Plymouth Rock.
- Q: How did Mayflower sailors say hello to each other? A: They waved.
- Q: How did the Pilgrims bring their cows to America? A: On the Moooooo-flower.
- Q: What would you get if you crossed a turkey with a ghost? A: A poultrygeist!
- Q: Why did the scarecrow win the Nobel Prize? A: Because he was out standing in his field!
- Q: Why was the turkey in jail? A: Fowl play.
- Q: How do you keep a turkey in suspense? A: I'll tell you later...