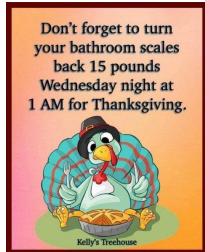


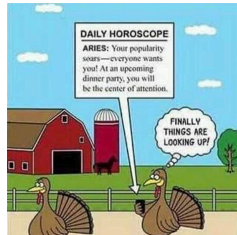


November 2024 Nutrition Nugget-

Welcome to November! We are so thankful to be able to share this time with family, friends, students and community members! Check on your neighbors and friends & enjoy some good times together!



PSA




Just my luck!




I'm playing this right

now!

Featured:  The tasty sweet potato! You can bake, fry or make them into a casserole dish. Sweet potatoes are a versatile vegetable—they can be sweet or savory or even both at the same time! Here is a delicious recipe for anytime of the year: [Sweet Potato Casserole](#) Check out this link for some “sweet” potato nutrition, info and recipes: [Sweet Potato Info](#)

Did you know? There is a difference between a sweet potato & a yam? Click here to find out- [Sweet Potato or Yam-What's the Difference?](#)

Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!
[What's In Season for November](#)

The “bad” jokes are back-or should I say “rotten”? Hope they bring a smile even if they are corny! 

Q. Do you know why you never see elephants hiding in trees? . A. It's because they're so good at it!

Q. What do you call a rude cow? A. Beef jerky.

Q. What do you call a can opener that doesn't work? A. A can't opener!

Q. What do you call a bear with no teeth? A. A gummy bear! 

***I used to play piano by ear. Now I use my hands.**

***What do you call a moose with no name? Anonymoose!**

***Why did the police arrest the turkey?**  **They suspected fowl play!**

And the Knock, Knock joke: Knock, Knock! **“Who's there?” “Chicken” “Chicken who?”**

“Chicken my pocket but I can't find my keys!”

Find some more wholesome family friendly jokes, trivia, games, etc at this website! [Best Knock Knock Jokes for Kids](#)

"The USDA is an equal opportunity provider and employer."