

BE BERRY GRATEFUL FOR THE LITTLE THINGS!

Cranberries, while small, pack a big punch for heart health and immunity! Just like gratitude, their benefits go a long way. Fill your plate – and your heart – with nourishment and thankfulness.



[#CranberryPower](#)

[#SmallButMighty](#)

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A PLATEFUL of GRATEFUL!

From the farmers who cultivate our food to the food service workers who prepare and serve each meal, the journey from farm to table is one of dedication and collaboration. Their efforts ensure we have access to safe, nourishing and delicious food every day. Let's take a moment to be thankful for the hard work and commitment of those who make our meals possible.



#ThankYouWorkers

#DedicationToFood



Angela C., Sodexo Supervisor,
Lexington School District #2

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THE POWER OF POTATOES!

Potatoes are so versatile – whether you like them mashed, roasted, baked or boiled, they can be enjoyed in countless ways. They also provide energy, potassium and fiber making them a fantastic heart healthy option!

[#VersatileVeggie](#)



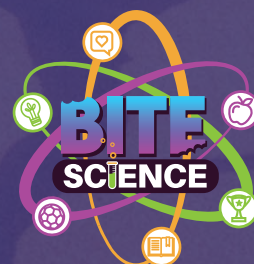
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MICRO NUTRIENTS— BIG IMPACT!

Eat Right!

A diet rich in vitamins and minerals supports strong muscles and bones! This gives us the ability to walk, run, dance and explore the world around us. Take a moment to express gratitude for all that your body can do.

[#MoveWithGratitude](#)



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