



Resource Roundup

November 2016 Events & Resources

American Diabetes Month — November

Every November, the American Diabetes Association observes **American Diabetes Month**. This is a concerted effort to focus the nation's attention on the disease and the tens of millions of people affected by it.

The theme for 2016 is This Is Diabetes. Real life stories of people and their friends and families managing the triumphs and challenges of the disease will be highlighted. The campaign invites people to submit their personal stories to best capture the reality of those who best understand the disease.

Please use these materials to bring awareness in your schools:

[Customizable Poster](#)

[Printable Sign](#)

Arkansas Department of Education Child Nutrition Unit

Volume 1, Issue 2

October 2016

Arkansas Local Foods In Season

- * Chard
- * Collard/Turnip Greens
- * Kale
- * Pumpkins
- * Squash
- * Sweet Potatoes
- * Spinach

Special November Food Days

Sandwich Day	Nov 3
Bread Day	Nov 18
Apple Cider Day	Nov 18
Cranberry Day	Nov 21
Cashew Day	Nov 22

November is National Sweet Potato Month



National Fig Week (1st week of November)

Although figs are considered fruit, they are actually flowers inverted into themselves. Check out the [California Fig Advisory Board](#) for more fun fig facts, tips and recipes. Figs are a good source of fiber and can be eaten fresh or dried.

Split Pea Soup Week (2nd week of November)

Dried split peas provide folate, fiber, iron, and protein, as well as being low in fat. Unlike cooking other legumes, it's not necessary to soak them before cooking with them. It's easy to make a hot and hearty meal in a hurry. For more information on split / dry peas, check the [USA Dry Pea & Lentil Council's website](#).

USDA published A Guide To Smart Snacks in Schools over the summer. This guide provides an overview of Smart Snacks Standards and how to tell if a food or beverage meet requirements. This is a great resource for those overseeing the sale of food and beverages to students during the school day.

Downloadable [PDF](#)

