



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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November 2024

Be Grateful: It's Good for You!

November is National Gratitude Month! Take some time throughout your month to be thankful. Here are some things practicing gratitude can do for you:

- **Lessen Depression:** People who practice gratitude have a higher satisfaction in life, good relationships with others, and more self-confidence.
- **Soothe Anxiety:** Gratitude replaces worrying and negative thinking with focusing on and appreciating the present moment.
- **Boost Heart Health:** Studies have shown that having a grateful mindset can decrease biomarkers related to heart disease, lower blood pressure, and regulate breathing to align with your heartbeat.
- **Alleviate Stress:** Stress leads to increased heartbeat, muscle contractions, and adrenaline. Gratefulness will relax the body and help lower blood pressure, heart rate, and breathing.
- **Improve Sleep:** People who practice gratitude tend to engage in activities that make them feel good – like physical activity and eating well – which aid in a sleep quality and duration. Positive thoughts before bed can also help with getting a good night's rest.



If you want to practice gratitude and don't know where to start, try incorporating a few of these ideas into your day:

- **Gratitude Journal:** Write down and reflect on something good that happened to you today, the things in your life that make you happy, or the people who matter most to you.
- **Share Your Thankfulness:** Letting someone know how much they mean to you can easily make someone's day. There doesn't have to be a specific reason why today is the day you tell them how thankful you are for them. Just knowing that you appreciate them, may make your relationship better.
- **Give Back:** You can donate to an organization, volunteer in your community, or help others in your neighborhood.

Enjoy a month full of positivity and thankfulness! You never realize how much you have unless you take time to think about it. Happy National Gratitude Month!

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: myplate.gov/myplate-kitchen/recipes

Content from: extension.org; doe.sd.gov/cans/sfsp.aspx; myplate.gov/

Moving Together is Fun!

As the weather gets colder and we pile heavy holiday meals onto our plates, it may be a challenge to find ways to be physically active this month. Try out these creative family fitness ideas to get the whole household moving this November.

- **Sign up for a Turkey Trot** – See if your town or one nearby has a footrace on Thanksgiving Day. There are various distances and different races for all ages, so you can sign the whole family up.
- **Go for a walk outside** – The best thing about walking is that you can do it anywhere, anytime. Soak up some fresh air and spend time together on a family walk.
- **Stream a virtual workout** – You don't need to spend tons of money on a virtual workout program. There are all kinds of virtual workouts you can access for free online. Set up the workout video in a room that has some space and make it a family event!
- **Stretch during commercials** – Instead of sitting down during breaks, choosing to stretch can help you feel rejuvenated and more awake.
- **Try speed chores** – If you have company coming soon or just want to clean your house, challenge your family to get the chores done in half the time it usually takes. Set up a timer, play some upbeat music, and you will definitely get some physical activity in!

Whether you try these family fitness ideas or have some of your own, make sure to get the whole family involved. Moving together is fun!





Cranberry juice, raisins, allspice, and brown sugar give this dish a sweet and tangy sauce. Serve with your favorite veggies for an easy dinner.



A great option for cheesecake lovers. Less fat and saturated fat than a standard cheesecake but all of the flavor.

Cranberry Ham Slice

Makes 8 Servings

Ingredients:

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|----------------------------------|----------------------------|
| 1 cup brown sugar, firmly packed | 2 tablespoons lemon juice |
| ½ tablespoon cornstarch | ¼ cup raisins, seedless |
| ½ teaspoon allspice | 2 ham slices, 1-inch thick |
| 2 cups cranberry juice | |

Directions:

1. Wash hands with soap and water.
2. Combine brown sugar, cornstarch, and allspice in a saucepan.
3. Gradually add the next three ingredients and stir. Cook over medium heat until sauce thickens and boils.
4. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce.
5. Bake, covered in 350°F oven for 45 minutes.

Nutritional Information per serving: Total Calories 230g; Total Fat 1g; Saturated Fat 0g; Protein 5g; Carbohydrates 52g; Dietary Fiber 0g; Sodium 67 mg

Pumpkin Cheese Pie

Makes 16 servings

Ingredients:

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|------------------------------------|--------------------------------------|
| 8 ounces cream cheese, reduced fat | 2 cans pumpkin (29 ounces) |
| 8 ounces cream cheese, non-fat | 1 teaspoon ginger |
| 2 eggs | 1 tablespoon cinnamon |
| 4 egg whites | 2 graham cracker pie crusts (9 inch) |
| 1 ¼ cups sugar | |

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Place the cream cheeses, eggs, and sugar in a large mixing bowl. Mix at medium speed until creamed. Add the remaining ingredients and mix at medium speed until ingredients are well mixed.
4. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle.

Nutritional Information per serving: Total Calories 150g; Total Fat 4g; Saturated Fat 2g; Protein 6g; Carbohydrates 24g; Dietary Fiber 2g; Sodium 269g



Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Potassium helps balance the body to make muscles contract, control blood pressure and heartbeat. Fruits and vegetables are good sources of potassium.

Learn more at: extension.sdstate.edu/pick-it-try-it-it



Plum

Makes 12 bars

Plum Oat Bars

Ingredients:

Nonstick cooking spray	1/4 teaspoon salt
2 cups old-fashioned oats	3/4 cup packed brown sugar (or 3/4 cup regular sugar)
1/2 cup dried plums, chopped	1/3 cup margarine
1/2 cup walnuts, chopped (optional)	
1 teaspoon cinnamon	

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine oats, plums, cinnamon and salt. If using walnuts, add those as well. Set aside.
3. In a medium saucepan, combine brown sugar and margarine. Cook over medium heat until melted, stirring constantly.
4. Pour sugar mixture over oat mixture, stirring until all the ingredients are coated.
5. Press firmly and evenly in a greased 9x9 baking pan.
6. Bake for 20-25 minutes or until the edges are golden brown.
7. Cut into the bars when they are still hot. Cool completely in pan, then re-cut and remove bars with a spatula.

Bars can be wrapped with plastic wrap or sealed in a plastic bag.

Nutritional Information per serving: Total Calories 172; Total Fat 8g; Sodium 231mg; Carbohydrates 24g; Sugar 14g, Protein 3g



Learn more ways about planning the ultimate Fall meals with this short interactive lesson available at The Dish: Real Talk about Food. Check out our website here: thedishrealtalk.com/course2/#/ or follow instructions below.



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.