

Breakroom Buzz

Gobble it Up!



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Are you at Risk for Diabetes?

November is National Diabetes Month. Below are a few of the known risk factors for Type 2 Diabetes

- ◆ 45 years old or older
- ◆ Overweight or obese
- ◆ Family history of diabetes, heart disease, or stroke
- ◆ Have high blood pressure
- ◆ Not physically active
- ◆ Are African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander

-National Institute of Diabetes, and Digestive and Kidney Diseases

Celebrating November! Mark Your Calendars

2nd- National Deviled Egg Day

5th- Men Make Dinner Day

14th- World Diabetes Day

29th- Throw out your Leftovers Day

Ten Minute Cranberry Sauce

University of Illinois: Recipes for Diabetes

2 cups Splenda®
2 cups water
1 pound (4 cups)
cranberries
1 envelope unflavored gelatin



1. Combine Splenda and water.
2. Bring to a boil; cook for 5 minutes.
3. Add cranberries; cook until skins pop, about 5 more minutes.
4. Remove from heat.
5. Add gelatin and cool in refrigerator.

52 calories, 0g fat, 9mg sodium, 13g carbohydrate, 0g fiber, 0g protein

I Didn't Know That!

Keeping Active after Thanksgiving Dinner

It is hard not to take a nap after the Thanksgiving feast but, instead of plopping down for that quick snooze think about bonding as a family. Use the time together to make new traditions:

1. **Volunteer together-** Check with soup kitchens and local pantries to see what assistance they may need.
2. **Play a game together-** Play a game of flag football, or put together a fun outdoor scavenger hunt for the family. Sometimes families are participating together in a "Turkey Trot" race. Keep in mind if you don't run, I am sure they will allow you to walk.
3. **Take a family photo-** Sometimes this is the holiday that everyone can be together so take advantage and cherish the moment.
4. **Make a craft as a family-** Maybe have a pumpkin carving contest. Make a few teams and see who can be the most creative.
5. **Don't forget to help out with cleaning up after the big dinner.** If everyone pitches in, that can make the process more fun and go faster.
6. **Have a history lesson on the meaning of "Thanksgiving".** We can connect with individuals as a family, race, and community when we explore the original meaning of fall traditions.

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