

The Wellness Times



Fred C. Underhill School
Hooksett, NH
Volume 3, Issue 2
November, 2018



and



and



Mittens, and Gloves, and Hats...Oh My!

Please consider donating Mittens, Gloves, and Hats to Underhill School to help the students at recess stay warm when their winter accessories have gone missing or they have forgotten them at home.

Please either send in the donations with your child or drop them in the box outside the Health Office.

*****If, at any time, you think your child has misplaced their hats or mittens, please check Lost and Found*****

**Preheat
Oven to 350°**

2 Ingredient Pumpkin Cookies **From Mrs. Cosgrove's 2nd Grade Class**

**Makes About
2 Dozen
Cookies**

Ingredients:

**1 (15 oz.) can of pumpkin
1 box of spice cake mix**



Instructions:

- 1. Mix pumpkin and cake mix together until there are no more lumps**
- 2. Drop by rounded tablespoon onto prepared baking sheets, about 2 inches apart.**
- 3. Bake for 13-15 minutes, until edges start to golden.**
- 4. Remove from oven and allow to cool 5 minutes on your baking sheet. Transfer to wire rack to finish cooling.**
- 5. Frost if desired!**

Thanksgiving by the numbers



presented by Viewpoints

The ULTIMATE Thanksgiving Pie



Top 5 Must-Have Kitchen Items on Thanksgiving Day

1. Double Oven
2. Food Processor
3. Mixer
4. Regular Oven
5. Fryer

48% of people bake their turkeys

1 out of 10 people don't make turkeys on Thanksgiving

How many people are usually at your Thanksgiving table?



Do you start preparing the night before?



■ Yes ■ No ■ I start the week before!

55% think they consume between 2,000 and 4,000 calories on Thanksgiving

however

the average American eats around **4,500 calories** on Thanksgiving

which is equivalent to 14 slices of pumpkin pie



What's one cooking tool your mother used to make Thanksgiving dinner that you've never needed?



How long does it take to make Thanksgiving dinner?



41% of people make Thanksgiving dinner completely from scratch



This survey was taken by 351 respondents on Viewpoints.com. For more information about this survey, please e-mail us at info@viewpoints.com.



BLOOD DRIVE Cawley Middle School

**Cafeteria
89 Whitehall Road**

**Tuesday, December 4th
3:00 pm to 8:00 pm**

**Please visit
redcrossblood.org and
enter HOOKSETT to
schedule an appointment**

Sponsored by:



In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still.

~ Cynthia Rylant, Children's Book Author