



NOVEMBER 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6 DAYLIGHT SAVING (end)	7	8 ELECTION DAY	9	10	11 VETERAN'S DAY	12
13	14	15	16	17	18	19
20	21	22	23	24 THANKSGIVING	25	26
27	28	29	30			
						

NOVEMBER CHALLENGE:

The holidays are here! Don't over prepare! Avoid too many leftovers and coordinate meal prep with friends and family so everyone knows what they should bring to the holiday party. Place labeled leftover food containers toward the front of your fridge so they don't get forgotten.

