



SCHOOL
FOOD HANDLER

Did you know.....

Diabetes is more than just over eating junk food. It's a disease with variations that are affected by things like genetics or even living a sedentary lifestyle!

This November, join us as we recognize

Diabetes Awareness Month!



WHAT TO WATCH



FRIDAY FOOD FIGHT

Featured episode:

[Personal Wellness in a Crazy World](#)

Enjoy a special presentation about personal wellness from **Bart Christian**, Nationally recognized speaker.

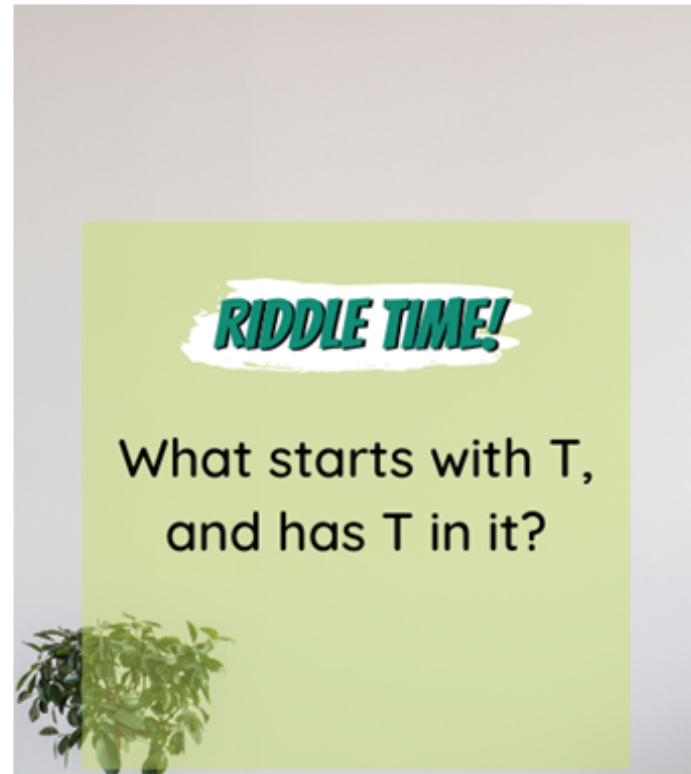
[Click Here To Subscribe To Our Youtube Channel](#)

FUN TIME

NOVEMBERS'S GAME

It's Riddle Time!

Answer the riddle and comment your answers to the post on our Instagram page! Make sure as well that you like the actual post and you are following our page. One winner will be selected by the end of the month.



[Click Here To Join The Game](#)

LEARN



CHEF'S CORNER

Roasting the vegetables in this recipe helps to maximize the flavor of the soup. What's more

- all of these veggies are abundant and available during the winter months.

Check out the full recipe for Roasted Root

Vegetable Soup and enjoy!

[Click Here To View Full Recipe](#)

RECOMMENDED COURSES

Below is our list of recommended refresher courses to assign to your staff this month.

1. **Change, Challenge and Mental Health** - 3450/4120/3430
2. **Face Masks in Food Service** - 2620
3. **Supply Chains For The Future** - 2340/2440
4. **Handling Food Safely** - 2610/2620/2640
5. **Opportunities and Motivation in the New Reality** - 3410/3420/4120/4130/4140

Want to take these courses but not a School Food Handler customer yet? Not a problem!

[Contact us today for more information!](#)

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