Blank Children's Hospital
UnityPoint Health

November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 Explore! Will's Orchard	2 National Roasting Month	3 Fall F & V Potatoes	4 Clean the House Workout	5 Gratitude Jar	6 Dance Party	7 Tailgate at a Football Game
8 Explore! Greenwood Park	9 National Roasting Month	10 Fall F & V Butternut Squash	11 Clean the House Workout	12 Gratitude Jar	13 Dance Party	14 Rake Leaves
15 Explore! Grandview Park	16 National Roasting Month	17 Fall F & V Cranberries	18 Clean the House Workout	19 Gratitude Jar	20 Dance Party	21 Play Frisbee Golf
22 Explore! Ashby Park	23 National Roasting Month	24 Fall F & V Apples	25 Clean the House Workout	26 Gratitude Jar	27 Dance Party	28 Attend Festival Of Trees and Lights
29 Explore! FOT	30 National Roasting Month					

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UnityPoint Health
A department of UnityPoint Health – Des Moines – Iowa Methodist Medical Center

For an electronic version with clickable links, go to: unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx

Fall Fruits & Veggies

Potatoes-Mash, Bake, Roast, Air Fry

Butternut Squash- Roast it up and sprinkle with seasoning for a yummy dish.

Cranberries-Boil in water and watch them POP open! Then mix with a little sugar to make a tart jam for toast.

Apples- Apples are high in fiber, Vitamin C and other antioxidants. Apples are a great filling snack. Try making apple nachos or apple donuts

Dance Party

This one is easy! Put on some music and dance in your kitchen, living room or backyard for 30 minutes to get active and have fun!

Gratitude Jar

November is a time when we can think about all the things in our lives that we are grateful for.

One great way to do this is to have everyone in your family write down something they are thankful for every day on a small piece of paper and put those papers in a jar or bowl.

On Thursdays this month, sit down together as a family and take turns pulling out a piece of paper and reading what is on it.

Clean the House Workout

Many families have extended family and friends coming for the holidays.

Does your family need some help cleaning?

Get together with your family and see who can earn the most points with these cleaning exercises.

Dusting-1 point

Pick up toys-1 point

Vacuuming-2points

Clean bathroom-10 points

Sweep-1 point

Kitchen counters-2 points

Wash Dishes-2 points

Fold laundry-2 points

Clean window-2 points

National Roasting Month

As the weather gets colder, we often look towards warm comfort foods that are filling and make us feel cozy.

Often these foods are high in fats and sugars which makes them not the best choices for everyday meals.

Roasting a variety of foods—from meats to vegetables—is a great way to get a warm, full-of-flavor meal that can really boost your nutrition.

Make Mondays your night to try roasted veggies. It's a great way to get a couple of your 5 servings of fruits and veggies in every day!