



BE THOUGHTFUL TOWARD OTHERS

World Kindness Day is on Saturday, November 13, this year. While being nice to others is a great thing to do every day, this event aims to bring awareness to the power of kindness. If you want to use the day as an opportunity to do something special for someone, here are some ideas.

- 1. Send mail.** Make a card that includes a kind note and send it to a friend or family member just because. This is a nice way to show someone you are thinking of them, even if it's not their birthday or a holiday.
- 2. Brighten someone's day.** Use sidewalk chalk to write messages outside your home, such as "Have a great day." Your words will cheer neighbors and others who walk by.
- 3. Donate time or money.** One more way to show kindness is to contribute to a charity. You could give some of your allowance to a local group, or ask a parent to help you find a volunteer project you and your family can do together.



DID YOU KNOW?
Italy is widely considered to have perfected lasagna, the popular layered pasta dish.

WARNING!
Ask an adult's permission before using the stove or oven.

Make veggie lasagna roll-ups

Ingredients

- Kosher salt
- 12 lasagna noodles
- 4 tablespoons butter
- 1 tablespoon finely chopped fresh sage, plus small leaves for garnish
- One 15-ounce can butternut squash puree
- ½ cup heavy cream
- Freshly ground black pepper
- 1 cup whole-milk ricotta cheese
- ½ cup freshly grated Parmesan cheese
- 1 egg, beaten
- 2 cups shredded mozzarella cheese

Instructions

1. Bring a large pot of salted water to a boil and cook the lasagna noodles according to package directions. Drain well, then spread noodles on a baking sheet and pat dry with paper towels.
2. Melt the butter in a small saucepan over medium heat. Add the tablespoon of sage and cook, stirring, 1 minute. Stir in the squash puree and heavy cream and cook until the sauce thickens slightly, about 5 minutes. Season to taste with salt and pepper.
3. Pour ⅔ cup of the squash sauce into a large mixing bowl and stir in the ricotta cheese. Add ¼ cup of the Parmesan cheese, the egg, ½ teaspoon salt, and 1 cup of the mozzarella cheese and stir.
4. Preheat oven to 400°F. Pour half of the remaining squash sauce into a 9-by-13-inch baking dish.
5. Use the back of a spoon to spread about 2 tablespoons of the ricotta filling on top of each cooked noodle. Carefully roll up each noodle, being sure to keep the filling on the inside, and set it in the baking dish seam-side down. Pour the remaining squash sauce over the top of the roll-ups and sprinkle with the rest of the mozzarella cheese and Parmesan.
6. Bake until the mozzarella is melted and bubbly, about 25 minutes. Sprinkle with a few sage leaves.



ECO TIP OF THE WEEK SKIP PLASTIC PRODUCE BAGS

There are many ways to help the environment at the grocery store. In addition to using reusable shopping bags to carry your groceries home, also try to avoid using the small plastic bags in the produce section for selecting fruits and vegetables. These bags are very thin, making them harder to reuse and more likely to end up in landfills. Like other plastic items, they're produced using fossil fuels, which contribute to climate change (long-term changes in weather patterns, including temperature, largely due to human activities). Instead, bring smaller reusable bags from home, or place your produce directly in your cart or in a shopping bag.



Reusable bags help the planet.