

# Federation Friday

Volume 1, Issue 20



**GFWC-NC is calling and I must go**

## *Friday's Focus: Thanksgiving*

### Happy Thanksgiving!

A day for family, friends, food, giving thanks and staying healthy! Here are some tips to help you enjoy the day and your feast without guilt.

Get up early Thanksgiving Day and take your walk or follow your favorite exercise routine.

Eat a healthy, but not heavy breakfast. Don't save up all your calories for Thanksgiving Dinner!

Prepare a few dishes with healthier ingredients. Most recipes contain too much fat and sugar so cutting back some will not sacrifice taste.

Here are some suggestions to lighten up your Thanksgiving favorites from Connie Diekman, MEd, RD, former president of the American Dietetic Association (ADA).

- Use fat-free chicken broth to baste the turkey and make gravy.
- Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods.
- Reduce oil and butter wherever you can.
- Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

Have a glass of wine, a wine spritzer or cocktail but between alcoholic drinks enjoy an 8 ounce glass of water or sparkling water.

Remember to choose a rainbow. Fill your plate with lots of colorful fruits and vegetables.

Source: [www.webmd.com](http://www.webmd.com)



Thanksgiving, which occurs on the fourth Thursday in November, is based on the colonial Pilgrims' 1621 harvest meal.

### Thanksgiving Prayer 2018

Heavenly Father,

Thank you for the lovely transition from leaves of green to bright colors of red, gold and orange on Thanksgiving morn.

Thank you for our gifts of foods delivered to local Food Pantries for those who are hungry.

Thank you for the freedom we experience each day and we pray for those who are enslaved by human trafficking.

Thank you, Lord for the many blessed gifts you have bestowed upon us to be able to serve others.

Thank you, Lord for our focus on Healthy Women which renews us with your peace, joy and love.

Thank you for our Federation Sisters all around the world and may all have a wonderful Thanksgiving. Amen.

Federation Friday Chaplain Pauletta Parker

*Happy Thanksgiving from our  
GFWC-NC Family to yours!*