



## PRACTICE POLITE TABLE MANNERS

With the holiday season here, now is a great time to brush up on your mealtime etiquette. Here are a few things to remember.

- 1. Wait for everyone.** When you sit down at a table, don't begin eating until everyone is sitting and any toasts or blessings have been made.
- 2. Watch your body language.** Sit straight in your chair with both feet on the floor. Avoid slouching or resting your elbows on the table. Also, avoid reaching across the table for dishes. Instead, ask someone to pass the dish to you.
- 3. Consider utensils.** If you've been asked to set the table, remember that the fork goes on the left of the plate and the knife goes on the right. If you sit down to a place setting with more than one set of forks and knives, the general rule is to use the ones on the outside first to eat the appetizer, soup, or salad, and use the ones closest to the plate for the main course.



**COMFORT FOOD**

About 63% of people said in a survey that a grilled cheese is the best sandwich to have with soup.

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

## Make a quick tortellini soup

### Ingredients

- 1 tablespoon olive oil
- 5 ounces baby kale (about 4 cups)
- 32-ounce carton of tomato soup
- 15-ounce can of chickpeas, drained and rinsed
- 10-ounce package of cheese tortellini or other preferred tortellini flavor
- Salt and freshly ground black pepper
- Parmigiano-Reggiano cheese, for topping
- Crusty Italian bread, for serving

### Instructions

1. Heat olive oil in a large pot over medium-high heat. Add the kale and toss until wilted, about 2 minutes.
2. Add the tomato soup and 1 cup water and bring the mixture to a simmer.
3. Stir in the chickpeas, then add the tortellini and cook until tender, about 6 minutes for fresh tortellini and 12 for dry. (This may be a bit longer than the package directions for cooking in boiling water.) Season with salt and pepper to taste.
4. Divide soup among bowls. Top with Parmigiano-Reggiano cheese, and serve with crusty bread. Makes 4 to 6 servings.



**ECO TIP**  
OF THE WEEK

## HOST A LEFTOVER PIE PARTY

From apple to sweet potato, pies are a classic Thanksgiving dessert. But sometimes, when there's so much food, these delicious pies don't get eaten. If that's the case in your family, one way to make sure they don't go to waste is to host a leftover pie party. Ask friends or neighbors to come over after Thanksgiving and bring any leftover pies with them. With an adult's help, cut the pies into small slices and put them onto plates. Encourage everyone to try different types of pie. Not only will this gathering help eliminate food waste, but it's also a great way to spend time with people you may not have been able to visit on Thanksgiving.

Try some of each flavor.

