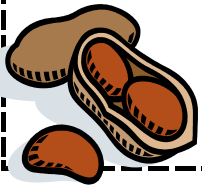


NOVEMBER 2016

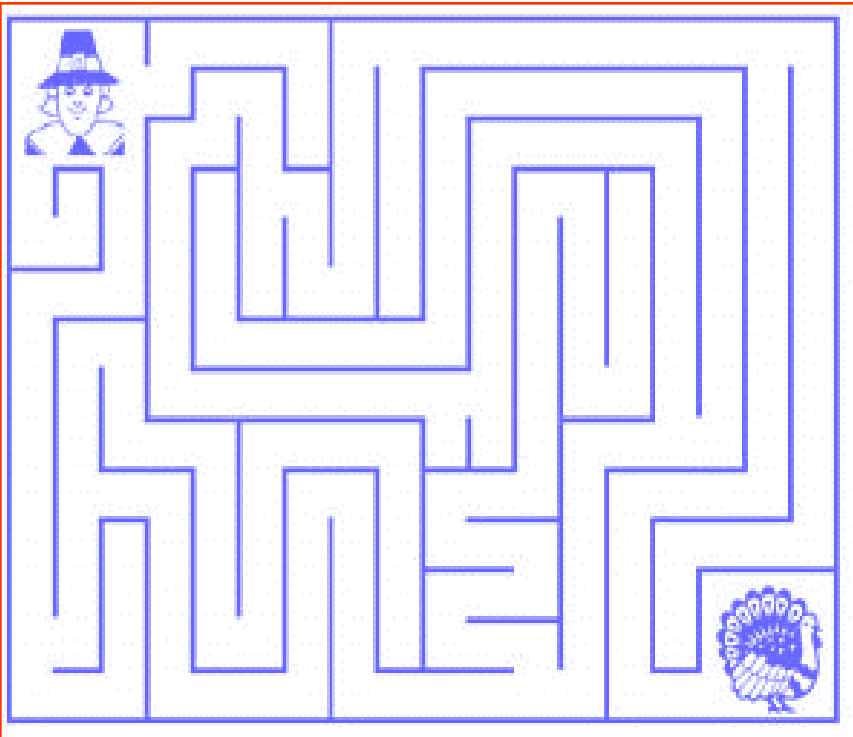


ARBOR MANAGEMENT WISHES YOU A HAPPY THANKSGIVING

NOVEMBER IS PEANUT BUTTER LOVERS' MONTH!!
CELEBRATE BY EATING ONE OF AMERICA'S FAVORITE FOOD AND NUMBER ONE SANDWICH!!



HELP THE PILGRIM FIND THE TURKEY!



FACTS ABOUT PROTEIN

Protein is an important part of our daily healthy diet. It is vital to cell growth and development. Protein helps build and repair cells to promote healthy skin, bones, hair, and muscles. Protein foods also supply the body with vitamins, iron and other minerals.

Most protein comes from animals:

- chicken
- fish
- lamb
- beef
- pork
- turkey

Other sources of protein come from:

- eggs
- cheese
- milk

Some plant foods that include protein are:

- beans
- wheat
- corn
- peanuts
- peas
- rice

Nutrition experts recommend you should have 2-3 servings of protein everyday. It is a good idea to enjoy a variety of protein sources such as: peanut butter on whole grain bread, or macaroni and cheese. Everyone needs protein to perform everyday activities.

