

# Tips for a baby-friendly Friendsgiving

Follow the 3 F's



## Food

### Beech-Nut® Pumpkin Pie Smoothie:

What You'll Need:

- 2 jars Beech-Nut® just pumpkin purée
- 1 small ripe banana
- 1/4 cup vanilla or plain yogurt
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon flaxseed
- 1/2 cup ice

Blend and enjoy - great for adults and babies 8+ months!

## Flair

### Beech-Nut® DIY Tea-Light Holder

To reuse empty jars, peel off the label, rub olive oil to remove any residue, and rinse with warm water and soap.

Fill the jar halfway with sand or pebbles, and place a LED tea-light inside. Get creative and add any additional flair you'd like!



## Fundraising

Remind your guests that their donation to No Kid Hungry® provides meals to the 1 in 6 kids in the U.S. that face hunger. Create a Facebook event to keep them engaged and celebrate each donation by asking parents to post adorable photos of their little ones!

