

LAKESHORE RECYCLING SYSTEMS

TRASH TALK

With Thanksgiving coming up this month, the COVID-19 pandemic and flu season going on, it is important to do everything we can to keep ourselves and our loved ones safe. Utilize the tips below to stay safe this month with the ongoing pandemic.

**THANKSGIVING SAFETY DURING THE PANDEMIC**

Thanksgiving will be another holiday impacted by the COVID-19 pandemic. Whether your're having a small dinner party with household members or virtually celebrating, remember to be thankful for eachother this holiday season. Click any of the below links for ways you can celebrate the holiday in a safe manner!

[THANKSGIVING CDC RECOMMENDATIONS](#)

[FOLLOW TRAVEL GUIDELINES FROM THE CDC AND THE STATE YOU LIVE IN](#)

[FOLLOW THE CDC SAFETY PRECAUTIONS FOR COVID-19](#)

**KNOW THE SYMPTOMS FOR THE COMMON ILLNESSES THIS WINTER**

With the flu, COVID-19, and common cold all having similar symptoms, it may be difficult to pinpoint which symptoms you may be experiencing. If you are feeling sick, remember to stay at home until you feel better to return to work. Click any of the below links to learn about the different symptoms from the CDC!

[COMMON COLD SYMPTOMS](#)

[FLU SYMPTOMS](#)

[COVID-19 SYMPTOMS](#)

**RECIPE OF THE WEEK**

FRENCH FRY BAKE

You read that right, this is a french fry bake! This is a fun spin a normal bake and can impress your friends or family with this out there recipe. It can also mask the few veggies you can sneak in there for your kiddos!



INGREDIENTS

- 1/3 cup butter, cubed
- 1 small onion, chopped
- 1 small green pepper, chopped
- 1/2 cup all-purpose flour
- 3 cups 2% milk
- 1 medium carrot, shredded
- 1 cup shredded cheddar cheese, divided
- 1/3 cup diced pimientos, drained
- 1/2 tsp salt
- 1/8 tsp pepper
- 1 package (32 ounces) frozen-fried potatoes

INSTRUCTIONS

1. Preheat oven to 375 degrees. In a oven, heat butter over medium heat.
2. Add onion and green pepper; cook and stir until tender, 3-4 minutes.
3. Stir in flour until blended; gradually whisk in milk. Bring to boil, stirring constantly; cook and stir until thickened, 2-3 minutes.
4. Stir in carrot, 1/2 cup cheese, pimientos, salt and pepper until cheese is melted. Remove from heat.
5. Place french-fried potatoes in a greased 13x9-in baking dish; pour sauce over top.
6. Bake, uncovered, until bubbly, 30 minutes. Sprinkle with remaining cheese; bake until cheese is melted, 3-5 minutes longer.

**16 NO-BAKE THANKSGIVING DESSERTS**



HAVE A RECIPE OR TIPS YOU WOULD LIKE TO SHARE? SEND TO [MARKETING@LRSRECYCLES.COM!](mailto:MARKETING@LRSRECYCLES.COM)