

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN OCTOBER



FRUIT » APPLES

HEALTH BENEFITS: Apples have a good amount of Vitamin C, fiber, and many types of polyphenols, which help slow carbohydrate digestion and improve blood-sugar regulation. A medium apple counts as 1 cup of fruit, which means you are well on your way to the daily recommended fruit intake.

SELECTION / STORAGE: Look for firm apples rich in color without bruises or cuts. Refrigerate apples to prevent over ripening.

EATING / PREPARATION: Apples are a crunchy delicious snack or side to any meal. Try some grilled apple sausage skewers, caramel apples or homemade applesauce. For a tasty baked apple, wash apples and core, but leave the bottom intact. Mix some melted butter, brown sugar and cinnamon and put the mixture in the core of each apple. Place in baking dish with 1/8 cup of apple cider, bake at 375 degrees for 45 minutes and enjoy!

VEGETABLE » PUMPKINS

HEALTH BENEFITS: Pumpkins are loaded with Vitamin A and fiber — and they are low in calories too! The seeds are rich in Zinc, Manganese, Magnesium, and Phosphorus — all important for growth, bone support, and metabolism.

SELECTION / STORAGE: The best pumpkins for cooking are about 8-10 inches in diameter. Look for a firm, smooth uniform color, without bruises and cuts. Pumpkins are ripe when you knock and hear a hollow sound. Store in a cool dry area. If you will use the pumpkin within two weeks, it can be stored indoors.



EATING / PREPARATION: Pumpkins can be roasted, baked, boiled or microwaved. Wash, cut in half and scoop out the strings/seeds. Microwave pieces face down in a glass bowl with a few inches of water for 15 minutes or until soft/easy to scoop out. For a crunchy snack, seeds can be rinsed and roasted on a baking sheet at 170 degrees for 15 minutes. Pumpkin is great cooked and pureed, which can be added to pies, muffins, and breads.



ACTIVITY » VISIT A PUMPKIN PATCH

ACTIVITY: October is a great time to get outdoors, enjoy the colorful leaves and visit a pumpkin patch. Kids will love to wander around the patch to pick out a perfect pumpkin for jack-o-lanterns. Have fun as a family and stuff a scarecrow. Dig out an old shirt and overalls, and stuff it with leaves until firm. Add a pumpkin head (from your trip to the pumpkin patch) and you've got a great fall decoration. When you're done, rake the remaining leaves in a pile and jump in!