

Arbor Management's Nutrition Bulletin



October 2023



October is Eat Better, Eat Together Month

When families eat together, meals are generally more nutritious. Kids who eat regularly with their families are less likely to snack on junk food and more likely to eat vegetables, fruits, and whole grains. When families eat together, children tend to perform better in school and communication improves.

Tips for having family meals:

- Plan meals ahead of time and make a shopping list.
- Involve kids at family meals, include them in the preparation process.

National School Lunch Week (NSLW)

NSLW is October 9-13, 2023. It was created in 1962 to promote the importance of a healthy school lunch.



Food Focus of the Month – Pumpkins

It's that time of year again – pumpkin season. You have probably noticed that pumpkin flavored food items are everywhere. Many of these pumpkin products are high in added sugars. But real pumpkins are very nutritious.

Pumpkins are loaded with scary-good nutrients. The bright orange color of the pumpkin comes from beta-carotene, an antioxidant. They are also loaded with vitamin A – 1 cup provides 245% of our recommended daily intake. Vitamin A is important for our vision and fighting infections.

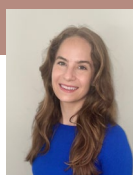
Don't forget about the pumpkin seeds – these are packed with protein, fiber, and several minerals, such as iron. Pair 1-ounce of pumpkin seeds with an apple for a nutritious and filling snack.

PUMPKIN TRIVIA

- Pumpkins are a fruit, not a vegetable.
- Illinois harvests more than twice as many pumpkins as any other state!
- Pumpkins are made up of 92% water.



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RECIPE OF THE MONTH

Pumpkin Pie Overnight Oats

Makes 3 servings.

Ingredients:

- 1 c rolled oats
- 1 c milk of choice
- 1/3 c pumpkin puree
- 2 T chopped pecans
- 1.5 T maple syrup
- 1 t pumpkin pie spice
- 1/2 t vanilla extract
- Optional Toppings:
chopped pecans, maple syrup, whipped cream

Instructions:

1. In a bowl, whisk together all ingredients. Leave out the toppings.
2. Divide among 3 jars.
3. Seal and refrigerate overnight.
4. Add toppings just before eating.

Recipe Adapted from: The Real Food Dietitians