

Health, Nutrition & Wellness

"Solutions In Your Community"

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Family & Consumer Sciences

Welcome to the latest edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach.

Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Health Nutrition, Wellness,

Fitness Chronic Disease Prevention, and Management Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Literacy & Communication and Food Safety

Complied by: Faculty Extension FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



RECIPES

Each issue includes healthy recipes! Inside this issue:

Pizza Muffins

Spaghetti with Lemon -Herb Pesto

Roasted Harvest Garden Salad

Old-Fashioned Pot Roast

Pear Upside Down Cake

Apple Pie Parfaits

And many more!

Best Fall Veggies

Vegetables that grow in the fall can survive cold temperatures, and include root vegetables and other hearty plants. Here are some of the best fall vegetables, as well as their possible health benefits:

- **Dark, leafy greens**-kale, Swiss chard, collard greens, spinach -Rich in plant-based calcium and vitamins A and K, and contain compounds that may help fight inflammation in the body.
- **Carrots** -Loaded with the antioxidant beta-carotene, a precursor to vitamin A in the body. In fact, one large carrot has over 200% of your
- **Beets**- Rich in folate and vitamin C, as well as nitrates that may help lower blood pressure and betalain pigments that have anti-inflammatory properties. Not to mention, they're so pretty!
- **Brussels sprouts**-Full of vitamins K and C, fatty acids, and antioxidants that have been shown to fight oxidative stress that can lead to disease.
- **Pumpkin** -Very high in beta-carotene, vitamin C, and other antioxidant compounds, including lutein and zeaxanthin. It's also rich in fiber and potassium.
- **Butternut squash** -Contains fiber, antioxidant vitamins, B vitamins, magnesium, potassium, and manganese.

Source: <https://www.healthyforlifemeals.com/blog/health-benefits-fall-and-winter-vegetables>



Physical Wellness



September Themes

Childhood Obesity Awareness Month

Raising a child while you or your spouse serve in the military isn't an easy task, but modeling a healthy lifestyle that includes physical activity, nutritious food, and consistent sleep will set your child up for a life

of healthy habits. Learn more during National #ChildhoodObesityAwarenessMonth: www.hprc-online.org/nutrition/performance-nutrition.

Benefits of Healthy Eating for Children

- Helps maintain a healthy weight
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Strengthens bones
- Supports brain development
- Supports healthy growth
- Boosts immunity
- Helps the digestive system function
- Supports concentration, energy levels and overall mood

National Grandparents Day

Did you know grandparents help grandchildren live healthier lives? And the positive health effects are reciprocal. "When children spend time with their grandparents, it helps them appreciate their place in their family and their role in a bigger legacy," says Dr. Michael Martin, a pediatric and internal medicine doctor.

We celebrate National Grandparents Day on the first Sunday after Labor Day. Celebrated in the United States since 1978, the United States Senate and President Jimmy Carter nationally recognized Marian McQuade of Oak Hill, West Virginia as the founder of [National Grandparents Day](#).

"It also benefits grandparents to know that they are passing along their wisdom, their knowledge and their insights to another generation."



Healthy Aging Month

Every **September**, we recognize Healthy Aging Month to promote ways people can stay healthy as they age. People celebrate this month by **incorporating habits like exercise, eating healthy food, and getting**

enough sleep into their daily routines. No matter what age you are, it's never too late to get healthy! Consistent sleep, exercise, and proper nutrition can have lasting benefits. Source: HealthyAging.net.

World Alzheimer's Month

World Alzheimer's Month is an international campaign to raise dementia awareness and challenge stigma each year. WAM is aimed to underscore the pivotal role of identifying risk factors and adopting proactive risk reduction measures to delay, and potentially even prevent, the onset of dementia. Evidence suggests that when people

with dementia and their families are well prepared and supported, feelings of shock, anger, and grief are balanced by a sense of reassurance and empowerment. Source: <https://www.alzint.org/get-involved/world-alzheimers-month/never-too-early-never-too-late/>.

September Themes

National Senior Center Month

September is National Senior Center Month! Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the [Older American's Act in 1973](#), and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. Become a senior center member

Becoming a member is easy and **FREE!** Please stop in at any of our locations below with a valid ID. When you join one center, you can attend any of our locations in Harford County.

- **Edgewood Activity Center**—1000 Gateway Rd. Edgewood. 410-612-1622
- **Roni Chenowith Activity Center**—1707 Fallston Rd. Fallston. 410-638-3260
- **Havre de Grace Activity Center**—351 Lewis Ln., Havre de Grace. 410-939-5121
- **McFaul Activity Center**—525 W. McPhail Rd. Bel Air. 410-638-4040.

Source:
harfordcountymd.gov/620/senior-centers.



Stay Fit in the Fall - Pickle ball Anyone?

By playing pickleball, seniors can improve their balance and coordination, reducing their risk of falls and injuries. Playing pickleball can be mentally stimulating because it requires focus, strategy, and quick decision-making.

The hardest thing about exercise is doing it regularly. There are thousands of excuses for not exercising and we all use one or more too often. One of the reasons often given not to exercise is it isn't fun (think swimming laps, jogging around a track or on a treadmill.)

Pickle ball courts are 44 feet long and 20 feet wide. This is almost half the size of a tennis court. A smaller court means less running and more minor wear and tear on your body and joints. Yet, you still get the cardiovascular benefits of quick bursts of action and an aerobic workout. High intensity, low impact is one of the best ways to work out your body long-term and improve your health, whether you are young or trying to stay young at heart.

Source: <https://www.pickleballuniversity.com/home/why-pickle-ball-is-the-perfect-sport-especially-for-seniors>.

Where To Play in Harford County:

Harford County has a number of courts available for play – here's what you need to know:

- ⇒ **Outdoor courts (first-come, first-served):** Churchville Recreation Complex, Fallston Recreation Complex and Francis Silver Park (Darlington.)
- ⇒ **Outdoor courts (after school hours only):** Dublin Elementary School and North Harford Elementary School.
- ⇒ **Indoor courts**—Churchville Recreation Center, Edgewood Recreation & Community Center, Havre de Grace Activity Center, Morrisville Library & Recreation Center, Roni Chenowith Activity Center, McFaul Activity Center.

For more information, visit:
<https://www.harfordcountymd.gov/3471/Where-to-Play-Pickleball>.



Pantry Tips

Rule 1:

Always Keep your Pantry Stocked

Common Pantry Staples:

- Boxes of pasta.
- Diced Tomato & sauce.
- Tuna & Canned soups.
- Beans & Rice.
- Cereal & Oatmeal.
- Olive Oil & Chicken Broth.
- Peanut Butter & Mixed nuts.
- Dried fruit.



Homestead Pantry Staples

Canned

- | | | |
|------------------|-----------------|-------------------|
| Whole Tomatoes | Spaghetti Sauce | Beef Broth |
| Jams | Diced Tomatoes | Chicken Broth |
| Applesauce | Tomato Sauce | Dill Pickles |
| Apple Butter | Pizza Sauce | Sweet Pickles |
| Blueberries | Tomato Salsa | Apple Pie Filling |
| Peaches in Syrup | BBQ Sauce | Black Beans |
| Pears in Syrup | Ketchup | Pinto Beans |
| Apple Chunks | Salsa Verde | |

Fermented

- Kimchi
- Sauerkraut
- Preserved Lemons
- Garlic Dill Pickles
- Hot Sauce
- Ketchup
- Red Pepper Salsa

Oils/Vinegar

- Coconut Oil
- Avocado Oil
- Grapeseed Oil
- White Vinegar
- Balsamic Vinegar
- White Wine Vinegar
- Red Wine Vinegar
- Rice Vinegar
- Extra Virgin Olive Oil
- Apple Cider Vinegar
- Palm Oil/Shortening

Dried

- Onions
- Peppers
- Tomatoes
- Leeks
- Zucchini
- Blueberries
- Strawberries
- Apples
- Peas
- Carrots
- Raisins
- Cranberries
- Dates

Fresh Storage

- White Potatoes
- Sweet Potatoes
- Apples
- Pears
- Winter Squash
- Cabbages
- Carrots
- Parsnips
- Turnips
- Winter Radishes
- Garlic
- Onions

Whole Grains

- Spelt
- Rye
- Hard White Wheat
- Soft White Wheat
- Hard Red Wheat
- Oat Groats
- Short Grain White Rice
- Long Grain White Rice
- Brown Rice
- Buckwheat
- Quinoa



Spotlight on Community Teaching

S.T.E.A.M. Summer Camps



The summer months is an awesome time for youth to learn and explore new educational information and have different learning experiences.

STEAM programming is essential since it provides youth with knowledge in the area of Science, Technology, Engineering, Arts, and Mathematics.

To align with FCS programming needs Nutrition and Wellness lessons were added to provide a more holistic learning experience. The FCS STEAM & Wellness Summer Camp was sponsored and coordinated by the Village at Lakeview Community Network Center in Edgewood Maryland, Coordinator by Mrs. Angela Peaker and staff. The camp was designed to provide a fun and hands-on educational experiences to youth during summer months. The FCS STEAM & Wellness Summer Camp consist of 6 two hours sessions centered on science, technology, engineering, and wellness. These sessions support students in developing the knowledge and skills needed for STEAM-centered careers in a fun and interactive way. The students learn the basics of digital literacy, engineering, and aerodynamics, how to make a salad, and apple oxidations. These sessions help boost the student's confidence and help them develop interpersonal and discussion skills. The student were given certificates and trophies for participation. # STEAM # Extension !



Spotlight on Extension Activities

Harford County Farm Fair



MG Train The Trainer Class– MG's are Ready to Teach !



Back To School Recipes

Fun Fruit Skewers with Honey Vanilla Yogurt



Ingredients:

2 cups fat-free vanilla Greek yogurt
 ¼ cup honey
 1 tsp ground cinnamon
 24 wooden skewers
 12 whole strawberries, cut in half
 12 orange segments cut in half (or 24 mandarin orange segments)
 24 pineapple chunks
 12 green grapes
 24 fresh blueberries
 24 blackberries
 24 red /purple grapes

Steps:

In a small bowl, combine yogurt, honey and ground cinnamon until well blended. Cover and refrigerate until ready to serve. Pierce a piece of each kind of fruit onto each skewer in this order: strawberry, orange, pineapple, green grape, blueberry, blackberry and purple grape. Lay fruit skewers on a platter and serve with yogurt dip.

Nutrition information CALORIES 40kcal 2% FAT 0.0g.

Source: Savoyonline.com

Afterschool Cucumber Tomato Cups



Ingredients:

2 cups peeled and chopped cucumber
 2 tbsp chopped fresh parsley
 2 tsp fresh dill weed
 ½ tsp crushed garlic
 ¼ tsp ground black pepper
 2 tsp lemon juice
 ¼ cup Greek yogurt
 2 cups chopped lettuce
 4 whole tomatoes (about 3-inch diameter)
Steps:
 Combine cucumber, parsley, dill, garlic,

pepper, lemon juice and yogurt. Chill at least one hour to blend flavors. Just before serving, fold in lettuce. Cut tops off tomatoes, scoop out and discard seeds. Fill tomatoes with cucumber and lettuce salad. Serve immediately.

Nutrition information CALORIES 66kcal 3% FAT 2.0g 3% SATURATED FAT 1.1g 6% CARBS 10.7g 4% SODIUM 29mg 1% 6.8g sugar 3.1g fiber 3.3g protein 3mg cholesterol

Source: Savoyonline.com.

Pizza Muffins



Ingredients:

Cooking spray or paper liners
 1 ½ cups low-fat milk
 2 large eggs
 ¼ cup canola oil
 2 cups baking mix, such as Bisquick
 2 tsp Italian seasoning
 ¾ cup part-skim shredded mozzarella cheese, divided
 ½ cup mini or sliced pepperoni (optional), divided
 ¾ cup marinara sauce
Steps:

Preheat oven to 400°F. Spray each cup in a 12-cup muffin pan with the cooking spray or line cups with paper liners. In a large bowl, combine the milk, eggs, and oil. Whisk until smooth. Add the baking mix

and Italian seasoning and stir until just combined. Stir in ½ cup mozzarella and ¼ cup mini pepperoni, if using.

Carefully divide batter among 12 muffin cups (batter will be very thin). Add 1 tbsp marinara sauce on top of each muffin and carefully swirl in with a spoon. Sprinkle remaining ¼ cup cheese and ¼ cup mini pepperoni evenly over muffin batter. Bake 18–23 min., until golden brown and a toothpick inserted in center comes out clean. Serve warm or at room temperature. Store in an airtight container in the refrigerator.

Nutrition information CALORIES 183kcal 9% FAT 10.0g 15% SATURATED FAT 3.0g 15% CARBS 18.0g 6% SODIUM 340mg 14% 3.0g sugar 1.0g fiber 6.0g protein 43mg cholesterol

Source: Savoyonline.com.

September Recipes

Chicken Enchiladas

Ingredients:

2 (10 oz.) cans red enchilada sauce, divided
1 (15 oz.) can low-sodium black beans
1 ½ cups rotisserie chicken, shredded
6 burrito flour tortillas
1 cup shredded white cheddar cheese

Steps:

Preheat oven to 400°F. Pour ½ can enchilada sauce in the bottom of a 9x13-inch baking dish to lightly coat it. Drain and rinse the beans.

In a bowl mix the chick-

en with 1 can enchilada sauce. Fill each tortilla with ¼ cup chicken and ¼ of the black beans. Roll the tortillas and place in the baking dish, seam side down. Top with remaining ½ can enchilada sauce and shredded cheese. Bake for 10 min. until cheese has melted.

Nutrition information CALORIES 406kcal 20% FAT 13.0g 20% SATURATED FAT 5.0g 25% CARBS 48.0g 16% SODIUM 1129mg 47% 3.0g sugar 4.0g fiber 24.0g protein 48mg cholesterol. Source: Savoyonline.com



Apple Cider

10 large apples, quartered
water, to cover
¾ cup white sugar
1 tablespoon ground cinnamon
1 tablespoon ground allspice

Directions

Place apples in a large stockpot; cover with water by at least 2 inches. Stir in sugar, cinnamon, and allspice. Bring to a boil over

medium-high heat. Boil, uncovered, for 1 hour. Reduce heat to low; cover and simmer for 2 hours. Strain apple mixture through a fine-mesh sieve; discard solids. Drain cider again through a cheesecloth-lined sieve. Serve warm or refrigerate cider until cold.

*Nutrition Information: Calories 120, Protein .3g, Fat .3g
Source: eatingwell.com.*

Sheet Pan Fajitas

Ingredients:

1 lb. boneless, skinless chicken breasts
4 tsp taco seasoning, divided
2 tbsp olive oil, divided
2 green bell peppers, seeded and thinly sliced
1 large red onion, thinly sliced
8 (6-inch) flour tortillas
½ cup salsa
½ cup light sour cream

Steps:

Preheat oven to 425°F. Cut the chicken into thin strips and add to a medium bowl, along with 3 tsp taco seasoning and 1 tbsp oil. Toss until well coated. Arrange on one side of a large rimmed baking sheet.

Toss the peppers and onion with remaining 1 tbsp oil and 1 tsp taco seasoning. Season with salt and pepper. Scatter in even layer next to chicken. Bake 18–20 min., until chicken is cooked through and vegetables are tender.

When ready to serve, wrap the tortillas in damp paper towels and microwave 1–2 min., until warm and pliable. Toss chicken and peppers together. Serve in tortilla with salsa and sour cream.

*CALORIES 465kcal 23% FAT 18.0g 28% SATURATED FAT 5.0g 25% CARBS 42.0g 14% SODIUM 939mg 39% 7.0g sugar 4.0g fiber 33.0g protein 94mg cholesterol
Reference Savoyonline.com*



Financial Wellness



What's the deal with Pet Insurance?

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If you have a pet in your life, then you know how much joy and laughter pets can bring to our day to day. It's not surprising that many people want to ensure that their pets live the longest and healthiest lives possible. To help achieve that goal, more Americans are starting to purchase pet insurance policies. The idea is that these policies will help cover potentially expensive veterinary costs, like if a pet has an accident and is seriously injured. There are many companies that provide pet insurance policies and the policies they offer can be different in a variety of ways. But the policies can be confusing and leave many consumers wondering if pet insurance worth the cost. And if it is worth the cost, how do you pick the policy and company that is right for you and your pet? So, today I want to help answer some of those questions.

Is pet insurance worth the cost?

Like many things in life, the answer is that it depends. If you have an older pet, a pet that has been ill previously, or certain breeds of pet you might find that insurance is not as worth the cost. This is mainly because of the way premiums are calculated and the coverage limits. A premium is the amount you pay (usually monthly) to be covered by the insurance policy. Premiums can vary based on many factors, so let's consider age as an example. Since pets typically need more care as they age, older pets tend to have higher veterinary costs. To account for the increase in costs, insurance companies usually increase the premium as the pet gets older. So, if you have an older pet you might end up paying significantly more for insurance.

Coverage limits refer to situations where the insurance will not pay or has a limit to the amount they will pay. Often pet insurance will not cover breed specific conditions or pre-existing conditions. Remember, pet insurance uses similar terms to human health insurance but it is set up differently. For human health insurance, insurance companies cannot deny you coverage or charge you more just because of your pre-existing conditions. But pet insurance is actually a type of proper-

ty insurance, so it does consider these factors. If you have a breed of dog that commonly has certain types of cancer or joint issues, pet insurance may not cover these conditions. Similarly, if you have a pet that has a history of a certain illness, it may be considered a pre-existing condition and anything related to it may not be covered.

The key here is to make sure you are looking at cost estimates and coverage that are specific to your pet, and not just generic estimates. These estimates can change depending on your pet and your situation. Shop around and get estimates from several companies before you decide!

When you shop around, you'll want to compare more than just cost. You can contact companies to ask for a quote, but you'll want to make sure that quote includes information about what the plan in the quote would cover. Some questions you can ask about the plan include:

- **What type of coverage is provided?** The options are usually Accident Only or Accident and Illness, although you may also be able to add Wellness coverage for an additional cost.
- **Are there waiting periods?** The plan might require you to wait a certain amount of time before it will cover any costs.
- **Are there any pre-existing conditions or other exempt conditions that this plan would not cover?**
- **How does reimbursement work?**

Don't feel bad about asking questions! You want to make sure you understand exactly how the plan will work and what it will cover before you sign up. Keep in mind that you could also create a savings account that is specifically for pet expenses. Moving a set amount of money there every month can help you build an account you can use to cover unexpected expenses. Regardless of whether or not you decide to get pet insurance, planning for future pet costs is a great thing to include in your budget and financial planning!

Financial Wellness for Holidays

The days are getting shorter and I am starting to get more and more creative with my Thanksgiving leftovers. For me, those are clear signs that we are getting into the height of the holiday season. Looking at my calendar for the next few weeks, there are gatherings with friends and family, gifts to buy, and special meals to plan. Unfortunately, all of these things can add up and stretch an already tight budget even tighter. So, I thought I would share some tips for staying on track with your budget this holiday season.

Tip #1: Have an accurate budget

This may seem obvious to some, but I want to explain what I mean here. Many of us are feeling the pressures of inflation as prices rise for all kinds of things. What you may not realize is that many people also engage in “mental accounting”. This means that they try to keep track of their money in their mind. But when prices are rising and changing, your estimate of how much things cost might be off. Additionally, the busy holiday season can mean it is difficult to remember everything we will need to do and buy. This is a recipe for a budget shock. Essentially, it puts us in a position where things are likely to cost more than we expect and we are likely to forget about some things we need. Doing our best to get an accurate idea of what we will need and how much it will cost will give us a better idea of what we need to do to stay on budget.

Tip #2: Consider modifying traditions

Tradition is a powerful force in many of our lives. It can feel comforting to know that some things will stay the same, even as time passes. Additionally, we may feel that others are relying on us to keep certain traditions alive. But if maintaining a holiday tradition means that you are going to have trouble affording things you need, then it makes sense to reconsider. Communication is key here. It can be difficult to talk about money, but it could help explain to family and friends why a particular tradition might need to change. For example, you might host a gathering with friends where you typically provide all the food. But you might be able to talk

with friends and let them know that, especially with inflated food prices, that won't be an option this year. Your friends might be willing to switch the tradition to a pot luck meal. That way, you can still spend time together without breaking the bank. I know this year I will be thinking about why certain traditions are important to me and trying to get creative with finding ways to achieve the same goal, but at a lower cost.

Tip #3: Manage impulse extras

This may not be true for everyone, but for me the holiday season encourages impulse spending. Since I am spending more time in stores where I am browsing for gifts, rather than shopping with a list, it makes it more likely that I will throw some extra things in my cart. But these small purchases can quickly throw my holiday budget out of whack. I have a few ideas for how I can limit this extra spending:

Know when I'm done shopping for each person. If I see something I think my dad would love, but I already have a gift for him, I need to encourage myself to leave it on the shelf. I could always take a picture and save it for his birthday or Father's Day.

Whenever possible, have a list. Instead of wandering from store to store and increasing the chances of buying random things, I am planning to go out when I have a list and an idea of what I really need.

Avoid the “Buy Now” button. If I can give myself a day or two to consider purchases, it might help me avoid buying things I don't really need. When I'm online shopping, adding something to my cart rather than buying it immediately will give me time to truly consider my purchases.

Especially during the holiday season, there is pressure to spend money. We tend to feel like there are so many things we have to have so that we can make memories with family and friends. But I think there are ways to create memories and enjoy the holiday season without overspending and making life more difficult for ourselves in the New Year. So, this year I am going to give it my best shot and I hope you will too. **Happy Holidays!**



October Themes

Breast Cancer Awareness Month



October is Breast Cancer Awareness Month, an annual campaign to raise awareness of this complex disease. This October, **Living Beyond Breast Cancer** is sharing some of the ways people thrive with breast cancer and how your support today can help people impacted by breast cancer — all year long. This year's Breast Cancer Awareness Month theme is Thrive365 .

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy

organizations to local community organizations to major retailers — aimed at: supporting people diagnosed with breast cancer, including metastatic breast cancer educating people about breast cancer risk factors stressing the importance of regular screening, starting at age 40 or an age that's appropriate for your personal breast cancer risk fundraising for breast cancer research

This information is provided by [Breast-cancer.org](https://www.breastcancer.org). [Donate](https://www.breastcancer.org/donate) to support free resources and programming for people affected by breast cancer. Source: <https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month>



October 1-7: Mental Illness Awareness Week

Mental Illness Awareness Week occurs during the first week of October and this year, it is observed from October 1 to 7. Millions of people live with a mental illness and it not only affects them but also those around them — family, friends, or coworkers.

Each year, millions of Americans face the reality of living with a mental health condition — but mental illness affects everyone directly or indirectly through family, friends or coworkers. The theme of Mental Health Awareness Week 2023 was **anxiety**. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Anxiety is a **feeling of fear, dread, and uneasiness**. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. Here are 5 wellness tips to help address anxiety issues.

Source: <https://mentalperspective.com/2015/01/22/five-mental-wellness-tips/>



5 Wellness Tips

- Eat** Eat regular meals even if you have very little appetite. Little and often is good for you. Keep up your intake of fruits and vegetables.
- Exercise** Get moving. Physical activity can improve your health and wellbeing. Researchers have shown that exercise improves the psychological health of those who suffer from depression and stress.
- Sleep** Sleep! Ensure that you keep regular hours as much as possible, such as 8hrs. Go to bed and get up at the same time each day regardless of whether it is during the week or on a weekend.
- Get Involve** Being part of a community is good for your mental health. Improve your relationship skills, and nurture old and new friendships. Try not to isolate yourself.
- Nurture Yourself** You can't give to others if you have nothing left to give. Take regular time-outs to recharge your batteries

www.MentalHealthPlatform.com

October Themes

World Food Day

World Food Day takes place annually on 16 October and promotes awareness of hunger and action for the future of food, people, and the planet. The Food and Agriculture Organization of the UN (FAO) designated 16 October as World Food Day in 1979. World Food Day 2023 will focus on the theme, 'Water is Life, Water is Food. Leave No One Behind'. The theme aims to highlight the critical role of water for life on earth and water as the foundation of our food. It also seeks to raise global awareness about the importance of managing water wisely as rapid population growth, economic development, urbanization, and climate change threaten water availability.

How to Celebrate World Food Day

- 1. Make a meal with ingredients from around the world**-Gather up ingredients from different countries and cultures and make a meal that includes dishes from each. You'll be able to sample flavors, ingredients, and cooking styles you may not have tried before.
- 2. Visit a food market**-check out your local food market or ethnic grocery store and explore the wide variety of foods available. Talk to the vendors and learn about their culture, cuisine, and cooking techniques.
- 3. Organize a potluck dinner**-Invite friends and family to bring their favorite dish to share in celebration of World Food Day. Ask them to explain the origin of their dish, so you can all learn about different cuisines.
- 4. Volunteer at a soup kitchen**-Volunteer at a local soup kitchen or food pantry that serves meals to those in need. You'll get an inside look into how people are struggling with poverty and hunger around the world.
- 5. Participate in a food drive**-Organize a food drive in your community or find one in your area to participate in. Donating food to those who need it is a great way to celebrate World Food Day.
- 6. It raises awareness of food insecurity**-One of the primary goals of World Food Day is to bring attention to the problem of global hunger. By learning more about hunger in other parts of the world, we can take steps towards ending food poverty and ensuring everyone has access to nutritious meals.

Source: <https://www.fao.org/world-food-day/October>.



October Themes

National Walking Month

How many steps should you walk everyday?



4 Healthy Benefits of Walking

Reduce your risk of chronic diseases

A 2022 study published in Nature Medicine has shown that walking can reduce your risk for a variety of chronic diseases. One study showed that walking 8,200 steps effectively reduced the risk of chronic conditions, including: obesity, sleep apnea, gastroesophageal reflux disease (GERD), major depressive disorder (MDD), diabetes, and hypertension. The same study also found that walking even more steps continues to increase walking's benefits for nearly every health condition studied.

Improve heart health

One of the major ways that walking can improve your heart health is by lowering your blood pressure. Some research shows that for every 1,000 daily steps you take, you could lower your systolic blood pressure by .45 points. That means if you clock in 10,000 daily steps, your systolic blood pressure is likely to be 2.25 points lower than someone else who walks only 5,000 daily steps.

One of the most cited studies on walking and health, published in The New England Journal of Medicine, found that those who walked enough to meet physical activity guidelines had a 30% lower risk of cardiovascular events (like a heart attack or stroke) compared with those who did not walk regularly. Another study found that especially for older adults, every 500 additional steps taken daily was associated with 14% lower risk of heart disease, stroke or heart failure.

Reduce your stress

If you're feeling frazzled or overwhelmed, walking can help lower your stress. Walking reduces the stress hormone cortisol, which helps you feel less stressed and more relaxed, says Joyce Shulman, co-

founder and CEO of 99 Walks & Jeti Fitness and author of Walk Your Way to Better. A 2018 study published in Health Promotion Perspectives showed that just 10 minutes of walking lowers anxiety and depression and increases focus and creativity. Plus, research shows that taking your stroll outside can make a huge difference, too. A 2022 study published in Molecular Psychiatry found that a 60-minute walk in nature decreases activity in brain regions involved in stress processing. In contrast, brain activity in those regions remained stable after a 60-minute walk in an urban environment. So, go touch some grass!

Alleviate joint pain

Contrary to what you might think, pounding pavement can help improve your range of motion and mobility because walking increases blood flow to tense areas and helps strengthen the muscles surrounding your joints. In fact, research shows that walking for at least 10 minutes a day—or about an hour every week—can stave off disability and arthritis pain in older adults. A 2019 study in the American Journal of Preventive Medicine followed 1,564 adults older than 49 with lower-body joint pain. Participants who walked for an hour each week were more likely to remain disability-free four years later. An additional report found that walking was a safe, inexpensive, and convenient physical activity for those with arthritis of all fitness levels.

Source:

<https://www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/>.



October Themes

Walktober: Walk and Wellness Event

Walk Maryland Day is October 4, 2023. Walk Maryland Day is a celebration of our official state exercise--walking! It is always celebrated statewide on the first Wednesday in October, to coincide with Walk to School Day. It is a call to action to promote awareness about regular walking year-round, to encourage physical activity and improved health, engaging Marylanders with fun walks for all. Join Harford County's FCS Edu-

cator Jennifer Dixon Cravens and MG Coordinator Joyce Browning for a Walk and Wellness Event on Wednesday, October 4 at the Harford County Agricultural Center.

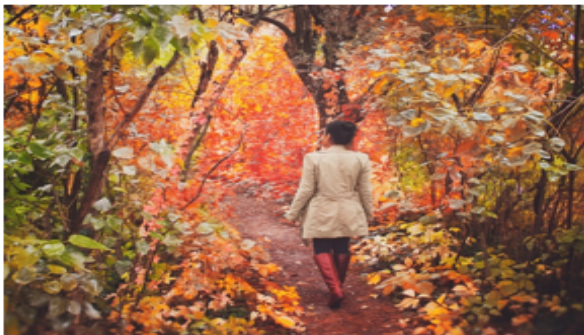
Participants will attend a wellness talk, and walk the 1/2 mile Poplar Grove Trail identifying native plants along the way!

Registration is required. Call 410-638-3255 or visit <https://WalkHarfordMd.eventbrite.com>



WALKTOBER

Community Walk Wellness Event



You're Invited to a Free Community Walk and Wellness Talk!

Wednesday, October 4th 12:00 pm – 1:45pm
Harford County Agricultural Center, 3525 Conowingo Rd. Street, MD

Join the FCS/Nutrition Educator, Jennifer Dixon Cravens, for an in-person nutrition and wellness talk and 30-minute nature walk on the Poplar Grove Walking Trail at the Harford County Agricultural Center. Native Plant identification is led by Joyce Browning –Harford County Horticulturist and Master Gardener Coordinator.

Healthy snacks included!



REGISTRATION IS REQUIRED.

To register, go to:

<https://WalkHarfordMd.eventbrite.com>



UNIVERSITY OF
MARYLAND
EXTENSION



If you need a reasonable accommodation to participate in any event, please contact Jennifer Dixon Cravens at 410-638-3255 or email jdixoncr@umd.edu at least 2 weeks prior to event.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

October Recipes

Spaghetti with Lemon-Herb Pesto



Ingredients:
 1 (16 oz.) pkg spaghetti
 1 lemon
 ¾ cup walnuts
 1 cup basil leaves
 ½ cup olive oil

Steps:

Bring a large pot of salted water to a boil. Add the spaghetti and cook according to package directions. Reserve 1 cup pasta water and drain well. Return drained pasta to pot.

While pasta is cooking, zest and juice the

lemon into a food processor. To food processor, add the walnuts and basil. Season with salt and pepper. Blend 1 min., until herbs are broken down. Add the oil and process until a smooth paste forms.

To pot with drained pasta, add lemon pesto and ½ cup reserved pasta water. Season with salt and pepper. Toss well to combine, adding more pasta water as needed.

*Nutrition information: CALORIES 709kcal
 35% FAT 32.0g 49% SATURATED FAT 4.0g
 20% CARBS 89.0g 30% SODIUM 8mg.*

Source: Allrecipes.com



Roasted Harvest Garden Salad



Ingredients:
 1 zucchini, cubed
 1 summer squash, cubed
 1 yellow bell pepper, chopped
 2 cups cherry tomatoes
 1 small head broccoli, cut into florets
 1 small red onion, chopped
 2 cloves garlic, minced
 2 tbsp extra-virgin olive oil, divided
 1 tbsp white wine vinegar
 ½ tsp kosher salt
 ¼ tsp freshly ground black pepper
 1 tsp dried oregano
 ½ tsp dried thyme
 ¼ cup fresh basil, for garnish

Steps:

Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.

Place zucchini, summer squash, bell pepper, tomatoes, broccoli, onion, and garlic on the prepared baking sheet. Drizzle with 1 tbsp olive oil and toss to evenly coat. Bake until all vegetables are tender, about 30 minutes, stirring occasionally. Remove from oven and cool slightly. Meanwhile, add remaining 1 tbsp olive oil, vinegar, salt, pepper, oregano, and thyme to a small bowl and lightly whisk to combine. Pour over vegetables just before serving and garnish with fresh basil.

*Nutrition information :CALORIES 165TOTAL
 FAT8g, Saturated fat 1.2g protein 7g, carbs
 22, fiber 7=6.8 , sugar 6.5 mg, sodium 201
 mg .*

Source: Allrecipes.com

October Recipes

Old-Fashioned Pot Roast with Fall Veggies

Ingredients:

3 lbs. beef chuck roast
1 tbsp olive oil
3 large carrots
2 large Granny Smith apples
3 stalks celery
1 large onion
1 (14 oz.) pkg cubed butternut squash
2 cups apple cider
2 tbsp Dijon mustard
2 tbsp minced garlic

Steps:

Season beef with kosher salt and pepper. Heat olive oil in a heavy-bottom skillet over medium-high heat. Sear the meat on both sides until brown, about 3–4 min. per side. Meanwhile, chop the carrots, apples, celery, and onion into 1-inch chunks. Place in

the bottom of a 6-quart slow cooker along with the cubed squash. Set browned meat on top of the cut vegetables.

Whisk together apple cider, Dijon mustard, and garlic and pour over top. Cover and cook on low for 6–8 hours. Let pot roast cool to room temperature. Transfer to a container and place in the freezer. To reheat, thaw in the refrigerator the night before and bring to a boil in a large pot, adding water as needed.

Nutrition Information: CALORIES 554kcal 28% FAT 35.5g 55% SATURATED FAT 13.6g 68% CARBS 27.6g 9% SODIUM 266mg 11% 16.0g sugar 4.6g fiber 31.1g protein 121mg cholesterol.

Source: savoyonline.com



Pear Upside-Down Cake

Ingredients:

Cooking spray
2 medium pears
5 tbsp butter, softened and divided
½ cup packed brown sugar
1 tbsp lemon juice
¾ cup granulated sugar
2 large eggs
¾ cup low-fat buttermilk
1 tsp vanilla extract
1 ¾ cups all-purpose flour
¼ tsp baking soda
¼ tsp salt

Steps:

Preheat oven to 350°F. Coat the bottom of a 9-inch cake pan with the cooking spray. Cut a circle from a piece of parchment to fit in the cake pan and add to pan. Peel, core, and cut the pears into ¼-inch slices. Melt 2 tbsp butter. Evenly coat cake pan with melted butter and sprinkle with the brown sugar. Place pear slices in circular pattern in pan. Drizzle the lemon juice over pears.

In a large bowl, with hand mixer or stand

mixer, beat remaining 3 tbsp butter on high 1 min., until creamy. Add the granulated sugar and beat again on high 1 min. With a rubber spatula, scrape down sides of mixture in bowl. Add the eggs, 1 at a time, mixing on medium until combined, and then add the buttermilk and vanilla. In a medium bowl, combine the flour, baking soda, and salt. On low speed and in batches, add flour mixture to wet ingredients until combined.

Pour the cake batter into the prepared pan over pears. Bake 50–55 min., until a toothpick inserted in center comes out clean. Let cool 20 min., then loosen the edges with a knife. Place a plate over the cake pan and carefully flip upside down. Peel layer of parchment off and serve or refrigerate.

Nutrition information: CALORIES 323kcal 16% FAT 8.8g 14% SATURATED FAT 5.0g 25% CARBS 56.7g 19% SODIUM 166mg 7% 33.3g sugar 2.1g fiber 5.2g protein 61mg cholesterol.

Source: allrecipes.com





October Recipes

Quick pea Curry Soup

Ingredients

1 tablespoon canola oil
 1 medium onion, finely chopped
 2 garlic cloves, minced
 1 tablespoon curry powder
 2 cans (14-1/2 ounces each) diced tomatoes, undrained
 2 cans (15 ounces each) chickpeas or garbanzo beans, rinsed and drained
 2 cups cubed peeled sweet potato (about 1 medium)
 1 cup light coconut milk
 2 teaspoons sugar
 1/4 teaspoon crushed red pepper flakes
 1 cup uncooked whole wheat pearl (Israeli) couscous
 1-1/2 cups frozen peas (about 6 ounces)
 1/4 teaspoon salt
 Chopped fresh parsley
 Plain yogurt, optional

Directions

In a large skillet, heat oil over medium heat; sauté onion and garlic with curry powder until tender, 3-4 minutes. Stir in tomatoes, chickpeas, sweet potato, coconut milk, sugar and pepper flakes; bring to a boil. Reduce heat; simmer, uncovered, until mixture is thickened and potatoes are tender, 25-30 minutes, stirring occasionally.

Meanwhile, prepare couscous and peas separately according to package directions. Stir salt into peas.

To serve, divide couscous among 6 bowls. Top with chickpea mixture, peas, parsley and, if desired, yogurt.

Nutrition Information:

Calories 354, Carbohydrates 30, Total Fat 12g, Protein 12g, Fiber 9, Sodium 232, Cholesterol 0.

Source: Tasteofhome.com



Simple Chicken & Rice Recipe

1 (15.9 oz.) Whole Grain Brown Rice
 2 cups shredded rotisserie chicken
 1 (12 oz.) bag frozen broccoli florets, thawed
 1 (10.5 oz.) can cream of mushroom soup
 1 1/2 cups shredded Cheddar cheese

Steps

Preheat the oven to 350°F.
 Heat rice according to package directions. In a large bowl, combine the chicken and rice. Add the broccoli. Stir in the mushroom soup until combined.

Transfer the chicken mixture to a greased 9x13-inch casserole dish. Sprinkle with cheese. Cover with foil and bake 15 min.

Uncover and bake an additional 5 min, until cheese is melted.

Nutrition Information CALORIES 571kcal
 29% FAT 23.0g 35% SATURATED FAT 10.0g
 50% CARBS 57.0g 19% SODIUM 981mg
 41% 2.0g sugar 5.0g fiber 36.0g protein
 105mg cholesterol

Source: <https://recipecenter.giantfood.com/recipes/125700/chicken-and-rice-casserole>.



October Recipes

Loaded Veggie Breakfast Skillet

Ingredients:

450 g potatoes, scrubbed, skin on and cut into 2cm cubes
 3 tablespoon olive oil, divided
 ½ teaspoon sea salt, divided
 ½ teaspoon cracked black pepper, divided
 1 small onion, (100g) cut in half then thinly sliced
 1 medium green bell pepper (110g) pith and seeds removed then thinly sliced
 1 medium red bell pepper (110g) pith and seeds removed then thinly sliced
 230 g Portobello mushroom (3 large mushrooms) wiped clean then sliced
 1 teaspoon dried oregano
 2 cloves of garlic minced
 A scant ¼ teaspoon dried red chili flakes, optional
 90 g spinach
 4 large eggs
 2 tablespoon freshly squeezed lemon juice

Directions:

Preheat the oven to 400°F. Place the potatoes on a baking tray, pour over 2 tablespoons of oil add ¼ teaspoon each of salt and black pepper. Toss well then bake in the oven for 30 minutes turning the potatoes halfway through cooking. While the potatoes are roasting, cook up the veggies. Heat the remaining oil in a

skillet, add the onion and cook over a medium heat until soft, about 10 minutes. Add the peppers and cook for 5 minutes. Once the peppers are a little soft add the mushrooms, garlic, oregano, salt, pepper and chili flakes. Cook for another 5 minutes.

Now add the spinach, add half first, let that wilt down then add the remaining spinach. Add the lemon juice and stir well. Once the potatoes are cooked transfer them to the skillet and give everything a good stir. Check the seasoning now and add more if necessary. Make 4 little wells in the skillet, break one egg into each well. Place a lid over the skillet. Once the eggs are cooked to your own taste turn off the heat. Sprinkle over the parsley and chopped spring onion and serve. Serve with lemon wedges and more red chili flakes if you like.

Nutrition Information: Calories 289kcal , Carbohydrates: 27g , Protein 11.4 g , Fat 15.9g, Saturated ,Fat:3.2g Cholesterol,186mg , Sodium 342mg Potassium 971mg,Fiber 4.8g ,Sugar 5.2g.
Source: TheLastFoodBlog.com/breakfast-skillet/.



German Potato Salad

Ingredients:

3 pounds potatoes, peeled and sliced
 ½ cup chopped onion
 ½ cup mayonnaise
 ½ cup cider vinegar
 ¼ cup vegetable oil
 2 tablespoons white sugar
 2 tablespoons dried parsley
 2 teaspoons salt
 ground black pepper to taste

Directions:

Place potatoes in a large pot and cover with water; bring to a boil. Reduce heat to

medium-low and simmer until tender, about 15 minutes. Drain, and transfer to a large bowl. Add onions.

Whisk mayonnaise, vinegar, oil, sugar, parsley, salt, and pepper together in a large bowl. Gently stir in the potatoes and onion.
Nutrition Information: Per serving: 355 calories; total fat 21g; saturated fat 3g; cholesterol 6mg; sodium 768mg; total carbohydrate 40g; dietary fiber 5g; total sugars 6g; protein 4g; vitamin c 40mg; calcium 35mg; iron 2mg; potassium 865mg
Source: Allrecipes.com.





November Themes

National Diabetes Month

It's our chance to show the world what life with diabetes is really like and provide ways to manage it.

Every year, our community comes together to ring the alarm on the diabetes epidemic. For the millions of us who are at risk for it, it's a time to get educated, find resources and make sure all those around us are aware of their risk, too.

And for the millions of us living with diabetes, it's a chance to tell our stories and awaken the world. Until we find a cure, we will find each other and lift each other up. Will you join us?

<https://diabetes.org/get-involved/community/american-diabetes-month>.

National Family Caregivers Month

A special thank you to all the families that assist and support their family members. **is a time to recognize and honor family caregivers across the country.** It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers .

How to Be the Best Caregiver :

- Build Confidence. ...
- Exercise Compassion. ...
- Avoid Useless Gestures. ...
- Don't Hesitate to Act. ...

- Offer Words of Encouragement. ...
- Check in Often to Show you Care. ...
- Take Care of Yourself. ...
- Ask Questions about Care Procedures You Are Not Comfortable with.
- Keep well-loved objects and photographs around the house to help the person feel more secure .

Source: <https://www.alzheimers.gov/life-with-dementia/tips-caregivers>.

Pancreatic Cancer Awareness Month

November 1, 2023 - November 30, 2023 Champion the fight against pancreatic cancer throughout the month of November by participating in our campaign, Celebrate, Participate and Dedicate! Moreover, [pancreatic cancer is projected](#) to become the second leading cause of cancer-related death in the U.S. by 2030, behind lung cancer, according to data published in [Cancer Research](#), a journal of the American Association for Cancer Research (AACR). Simple signs to watch for with Pancreatic Cancer -, for prevention and better care.

Pain (usually in the abdomen or back), weight loss, jaundice (yellowing of the skin and/or eyes) with or without itching, loss of appetite, nausea, change in stool, pancreatitis and recent-onset diabetes are symptoms that may indicate pancreatic cancer.

<https://health.mil/News/Gallery/Infographics/2022/09/14/Pancreatic-Cancer-Awareness-Month>.



November Recipes

Healthy Thanksgiving Tips

Follow these 8 tips to enjoy a healthier holiday season as you celebrate with others:

1. DON'T SKIP MEALS.

Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can curb your appetite and prevent overeating.

2. BRING YOUR OWN DISH.

Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish, such as a fruit or vegetable plate. Make it festive by arranging the ingredients in a holiday design like a wreath or tree.

3. CHOOSE YOUR SPLURGES.

Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year. Make sure you take time to really taste and enjoy that special treat when you have it.

4. CHOOSE DRINKS WISELY.

Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive

drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you choose to drink alcohol, do so in moderation. Alternate each alcoholic drink with a glass of water.

5. VISIT THE PEOPLE, NOT THE FOOD.

Move socializing away from the buffet or appetizer table to prevent mindless eating.

6. SAY NO TO FOOD PUSHERS.

Remember that you are in control of what you eat. Be confident, decisive and polite. You should not feel shame with wanting to stick to your goals.

7. EAT UNTIL YOU ARE SATISFIED, NOT STUFFED.

No one likes that icky, overstuffed feeling after a meal. Eat slowly and check your fullness levels while you're eating. Remember — there are always leftovers.

8. Don't feel guilty, just make sure you are serving a nutritious and healthy meal for the family.

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/10-healthy-holiday-tips>.





November Recipes

Butternut Squash Soup

Ingredients:

- 2 tbsp olive oil
- ¼ cup diced yellow onion
- 1 cup diced celery
- 1 tbsp minced garlic
- 2 (14 oz.) pkg of Butternut Squash
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- 4 cups low-sodium vegetable broth

Steps:

Heat the oil in a heavy-duty pot over medium heat. Add the onion and celery and cook until the vegetables are soft and tender, 6–8 min. Stir in the garlic and cook for 1 min. Stir in the squash, coriander, cumin,

cinnamon, salt, and pepper. Cook for 1 min. Add the broth and bring to a boil. Reduce the heat so soup is at a simmer and cook until the squash is tender, 10–15 min. Carefully transfer about 2 cups of the soup to a blender or food processor and purée until smooth. Stir purée back into the soup and serve immediately.

Nutrition Information CALORIES 171kcal 9% FAT 7.2g 11% SATURATED FAT 1.0g 5% CARBS 27.0g 9% SODIUM 167mg 7% 7.0g sugar 5.6g fiber 2.4g protein 0mg cholesterol.

Source: *Savoyonline.com*.



Sweet Potato and Pecan Pie

Ingredients:

- ½ (15 oz.) pkg refrigerated ready-to-bake pie crust, room temperature
- 1 ½ lbs. sweet potatoes, peeled and cut into 1-inch chunks (around 5 ½ cups)
- 4 tbsp (½ stick) butter, melted and cooled
- 3 large eggs
- ½ cup packed brown sugar
- 1 tsp vanilla extract
- ½ tsp pumpkin pie spice
- 2 tbsp packed brown sugar
- ¼ tsp salt
- 1 cup whole pecans

Steps:

Preheat oven to 350°F. Fit a 9-inch pie plate with the pie crust, trimming and crimping edges. Top with parchment and pie weights or dried beans. Bake 10 min. Carefully remove paper and weights. Bake another 5 min. Remove from oven.

Meanwhile, bring a medium pot of water to a boil on high. Add the sweet potatoes and cook 12–15 min., until sweet potatoes are tender. Drain potatoes very well.

To a food processor, add cooked sweet po-

tatoes, butter, eggs, ½ cup brown sugar, vanilla, pumpkin pie spice, and salt. Purée mixture 30 sec.–1 min., until smooth. Pour sweet potato mixture into prepared par-cooked pie crust. Cover the edges with foil to prevent excess browning. Bake 40–45 min., until filling is just set and doesn't jiggle in the center.

Remove pie from oven. Lay pecans flat on the top of pie in circular pattern, fully coating pie. In a small pot on medium heat, combine remaining 2 tbsp brown sugar, 1½ tsp water, and a pinch of salt. Cook 1 min., until sugar dissolves, stirring constantly. Pour mixture over pecans, covering them all. Let pie cool completely and then refrigerate at least 2 hours before serving.

Nutrition Information CALORIES 412kcal 21% FAT 28.6g 44% SATURATED FAT 6.8g 34% CARBS 36.8g 12% SODIUM 195mg 8% 15.5g sugar 4.2g fiber 5.3g protein 66mg cholesterol.

Source: *Savoyonline.com*



November Recipes

Classic Herb and Mushroom Stuffing

Ingredients:

Cooking spray
 1 large loaf Italian bread, cut into 1-inch pieces (about 10 cups)
 4 tbsp butter
 2 large yellow onions, finely chopped
 4 stalks celery, finely chopped
 4 cloves garlic, minced
 2 tbsp fresh sage, finely chopped
 1 tbsp fresh thyme leaves
 2 tsp rubbed sage
 1 large egg
 2 cups low-sodium chicken broth

Steps:

Preheat oven to 325°F. Coat a 9x13-inch or 3-quart baking dish with the cooking spray. Arrange the bread pieces on 2 large baking sheets, spread apart in a single layer. Bake 10 min., until bread is golden and crispy, stirring occasionally. Let cool. Meanwhile, in a 12-inch skillet, melt the

butter on medium-high. Add the onions and celery. Season with salt and pepper. Cook 10–12 min., until vegetables are soft, stirring occasionally. Stir in the garlic and herbs. Cook 1 min., stirring constantly. Remove from heat and let cool slightly. Increase oven temperature to 350°F. In a large bowl, whisk together the egg and chicken broth. Season with salt and pepper. To bowl, stir in vegetable mixture and toasted bread cubes. Toss until well combined. Transfer to baking dish, cover with foil, and bake 30 min. Remove foil and continue baking 30–40 min., until golden on top.

Nutrition Information CALORIES 196kcal 10% FAT 8.0g 12% SATURATED FAT 4.0g 20% CARBS 26.0g 9% SODIUM 311mg 13% 3.0g sugar 2.0g fiber 7.0g protein 41mg cholesterol.

Source: *Tasteofhome.com*.



Mixed Sautéed Greens

Ingredients:

1 large bunch collard greens (about 1 pound)
 1 large bunch kale (about 1 pound)
 1 large bunch of spinach
 1 medium washed and chopped red onion
 3 tablespoons olive oil
 ½ teaspoon of apple cider vinegar
 3 cloves of garlic minced
 1/2 teaspoon kosher salt
 1/2 teaspoon freshly ground black pepper, more to taste
 2 tablespoons freshly squeezed lemon juice

Steps:

Sauté the onions in olive oil, peppers, in olive oil and stir often for about 3 minutes. Then add collard and kale, spin-

ach greens. Then you want to add, your lemon, black pepper, minced and garlic powder, basil, cumin, and apple cider vinegar.

Cook greens partially covered, until they are tender.

Cook for 30-45 minutes, and serve.

Nutrition Information:

Calories 130, Total fat 8g, , sodium 143, carbs 12g, dietary fiber 5g, total sugar 2g, protein 4g,

Source: *Thespruceeats.com*.



November Recipes

Oven Roasted Turkey Breast



Ingredients:
 ¼ cup butter, softened
 1 clove garlic, minced
 1 teaspoon paprika
 1 teaspoon Italian seasoning
 ½ teaspoon salt-free garlic and herb seasoning blend (such as Mrs. Dash®)
 salt and ground black pepper to taste
 1 (3 pound) turkey breast with skin
 1 teaspoon minced shallot
 1 tablespoon butter
 1 splash dry white wine
 1 cup chicken stock
 3 tablespoons all-purpose flour

Directions:
 Preheat oven to 350°F. Mix together 1/4 cup butter, garlic, paprika, Italian seasoning, garlic and herb seasoning, salt, and black pepper in a bowl.
 Place turkey breast with skin side up into a roasting pan. Loosen skin with your fingers; brush half the butter mixture over the turkey breast and underneath the skin. Reserve remaining butter mixture. Tent turkey breast loosely with aluminum foil.

Roast in the preheated oven for 1 hour; baste turkey breast with remaining butter mixture. Return to oven and roast until the juices run clear and an instant-read meat thermometer inserted into the thickest part of the breast, not touching bone, reads 165 degrees F (65 degrees C), about 30 more minutes. Let turkey breast rest 10 to 15 minutes before serving. While turkey is resting, transfer pan drippings to a skillet. Skim off excess grease, leaving about 1 tablespoon in skillet. Place skillet over low heat; cook and stir shallot in turkey grease until opaque, about 5 minutes. Melt 1 tablespoon butter in skillet with shallot and whisk in white wine, scraping any browned bits of food from skillet. Whisk in chicken stock and flour until smooth. Bring to a simmer, whisking constantly, until thickened.

Nutrition Information:
 385 Calories Total Fat 12g, Saturated fat 7grams, Protein 50 gr, carb 4g, sodium 314 gr, cholesterol 191 mg.

Source: Allrecipes.com



Easy Apple Pie Parfait

Ingredients:
 1 sleeve of cinnamon graham crackers
 4 granny smith apples, peeled and diced (about 5 cups)
 ¼ cup sugar+ 2 tablespoons
 1 teaspoon ground cinnamon
 ½ teaspoon ground nutmeg
 ½ cup water
 1 tablespoon cornstarch
 1 pint cold heavy whipping cream
 1 teaspoon vanilla extract

Instructions:
 Roughly crush graham crackers. Set aside. In a large skillet over medium high heat, combine diced apples, ¼ cup sugar, cinnamon, nutmeg, water and cornstarch. Cook, stirring frequently, until apples soften and sauce thickens. About 10 minutes. Set aside

to cool for 10 minutes before assembling. Meanwhile, in the bowl of a stand mixer, combine heavy cream, remaining 2 tablespoons sugar, and vanilla extract. Beat at high speed 2-3 minutes until you reach stiff peaks. To assemble, layer cinnamon graham, whipped cream and apple mixture into a glass or jar. Repeat layers until full. Serve immediately.

Nutrition Information:
 Calories: 677kcal, Carbohydrates 65g, Protein 6g, Fat 46g, Saturated Fat 28g Polyunsaturated Fat 2g Monounsaturated Fat 12g, Cholesterol 134mg, Sodium 220mg, Potassium 362mg, Fiber 6g, Sugar 42g, Vitamin A 1839IU, Vitamin C 9mg, Calcium 118mg, Iron 2mg

Source - Marathonsandmotivation.com

November Recipes

Green Beans and Potatoes

Ingredients:

1 1/2 lbs. potatoes
 1 1/2 tbsp. olive oil
 1/2 tsp. salt
 1/3 tsp. pepper
 1/2 tsp. taco seasoning
 1/2 tsp. oregano
 For Green Beans
 1 lb. green beans
 1/2 tbsp. olive oil
 4 garlic cloves, minced
 1/4 tsp. salt

Instructions:

Peel the potatoes and cut them into medium-sized cubes. Place the cubes into a mixing bowl and add the olive oil, taco seasoning, oregano, salt, and pepper. Mix everything well.

Transfer the potatoes to a large baking sheet and spread them out evenly so they

don't touch. Bake at 400 degrees Fahrenheit for 15 minutes.

Meanwhile, add the green beans to the same mixing bowl (no need to wash it). Add the olive oil, garlic, and salt. Stir everything together. Remove the potatoes from the oven and add the green beans. Mix everything gently. Now return the baking sheet to the oven and bake for another 20-30 minutes, or until the beans and potatoes are cooked through. Serve.

Nutrition Information:

Calories 245kcal, Carbohydrates 41g, Protein 6g, Fat 8g, Saturated Fat 1g, Sodium 525mg, Potassium 991mg, Fiber 8g, Sugar 5g, Vitamin A 987IU, Vitamin C 49mg, Calcium 97mg, Iron 3mg

Source: [Eatsomethingvegan.com](https://eatsomethingvegan.com)



Pear Salad with Cranberries

Ingredients:

1/3 cup slivered almonds
 6 ounces lettuce
 1 large ripe Bartlett pear ***cored and sliced into 1" pieces; pear should be ripe yet firm***
 1/2 cup crumbled feta cheese
 1/2 cup dried cranberries
 Balsamic vinaigrette dressing

Instructions :

Toast the almonds in a skillet over medium low heat for 6-8 minutes or until golden brown and fragrant, tossing every few minutes. Set aside to cool slightly.

Place the lettuce, sliced pear, dried cranberries, feta and toasted almonds in a bowl. Add the desired amount of balsamic dressing and toss gently to

coat. Serve immediately and enjoy!

Nutrition Information: Calories 220kcal, Carbohydrate 21g, Protein 3g, Saturated fat 3g, Sodium 1154 mg, Fiber 4g, rich in Vitamin A.

Source: <https://flavorthemoments.com/cranberry-pear-salad-fresh-pear-vinaigrette>.





toy
SAFETY
Awareness Month

December Themes

National Safe Toys and Gift Month

It is the holiday season, and that means toy-sharing and gift-giving are in full swing. But before you give that special child a new toy, it's important to stop and consider: Is this toy safe and age-appropriate? Unfortunately, thousands of children are hurt or even killed each year due to an interaction with an unsafe or developmentally inappropriate toy. December is known as Safe Toys and Gifts Month in order to create a happy, healthy, and safe gift-giving experience for all involved.

2 Tips to Toy and Gift Purchasing

Inspect toys before purchasing

Look for sharp points, edges, and parts that can fly off. Also, check for durability should a child attempt to break, crush or pull toys apart. Furthermore, do not give toys with ropes, cords, or heating elements — and make sure crayons and markers are labeled “nontoxic.” Finally, it is important to NEVER give small toys with removable magnets or

“button” batteries. These can cause serious injury or even death if ingested.

Make sure the toy is age-appropriate

Not every toy is meant for every child. Keep in mind the child's age and development level (most toys offer an age range for guidance). If shopping for infants and children with special needs, look for toys that appeal to the senses (sound, light, movement, texture, etc.) And, finally, remember the rule: If the piece can fit in a toilet paper roll, it is not meant for children under 3 years of age.

Spread the word

Even the best parents can get it wrong. That's why it's crucial to share your knowledge about unsafe toys with fellow parents, grandparents, babysitters, etc.

Source: <https://nationaltoday.com/safe-toys-and-gifts-month/#:~:text=December%20is%20known%20as%20Safe,giving%20experience%20for%20all%20involved.>



National Handwashing Awareness Week

December to educate individuals on the proper technique for handwashing and the importance of maintaining hand hygiene. The invitation is to engage in the campaign and keep in mind the theme for World Hand Hygiene Day 2023: “Together, we can accelerate action to prevent infections and antimicrobial resistance in health care and build a culture of safety and quality in which hand hygiene improvement is given high priority.”

Many diseases and conditions are spread by not washing hands with soap and clean, running water. Making a habit of good hand hygiene is an easy, effective way to prevent infections and sicknesses. If you're someone that chooses to skip the handwashing once in a while, read these mind-blowing statistics and you might think again next time!

- 80% of communicable diseases can be transferred by touch (person-to-person contact).
- Washing your hands a few times a day can reduce diarrhea rates by 40%.
- Touching your face with dirty hands spreads sicknesses pneumonia, a cold, and the flu.
- Pneumonia is the number one cause of childhood death, and is preventable by regular handwashing.

The two most important times to wash your hands are before and after preparing food, and after going to the bathroom.

Source: <https://www.mchdep.org/national-handwashing-awareness-week/https://henrythehand.com/news-events/national-handwashing-awareness-week/>.



December Recipes

Dark Chocolate, Cranberry, and Nut Bark

Ingredients:

8 oz. dark chocolate baking bar (60 percent cacao or higher), chopped
2 tsp canola oil
¼ cup dried cranberries
¼ cup unsalted, shelled pistachios
¼ cup chopped unsalted pecans
½ tsp sea salt flakes

Directions:

Line a half-sheet baking pan with waxed paper. Place chocolate in a microwave-safe bowl and microwave in 30-second increments, stirring each time, until completely melted. Stir in canola oil.

Use a rubber spatula to evenly spread chocolate mixture on prepared baking pan.

Evenly sprinkle cranberries, pistachios, pecans, and salt over chocolate. Cover and refrigerate until solid, about 30 minutes.

Remove from refrigerator and cut into 12 even squares, or break it with your hands into pieces of your desired size.

Nutrition Information:

CALORIES 159, TOTAL FAT 12g, Saturated fat 5.4 g, protein 2g, carbs 12g, sugar 7.2 mg, added sugar 6.7mg, sodium 89.

Source: Savoyonline.com.



Mock Pomegranate Margaritas

Ingredients:

1 tablespoon lime zest
1 tablespoon kosher salt (optional)
1 cup white berry sparkling cider, chilled
1 cup pomegranate juice, chilled
½ cup lime juice, plus 1 lime wedge
2 tablespoons simple syrup
Ice cubes
Pomegranate seeds for garnish
Lime slices for garnish

Directions:

Sprinkle lime zest on a small plate and combine with salt (if using).

Combine sparkling cider, pomegranate juice, lime juice, and simple syrup in a pitcher.

Rub the rims of 6 glasses with the lime wedge and dip in the zest (or zest-salt mixture). Fill the glasses with ice and top with

about 1/2 cup margarita mixture each.

Garnish with pomegranate seeds and lime, if desired.

Tips

To make ahead: Cover and refrigerate the margarita mix (Step 2) for up to 2 days.

To make your own simple syrup: Bring 1 cup sugar and 1 cup water to a boil in a medium saucepan, stirring frequently to dissolve the sugar. Let cool for 30 minutes and then refrigerate until cold, at least 1 hour. Makes about 1 1/2 cups.

Nutritional Information:

Calories 156, Total Carbohydrate 14g, Fiber 0g, Total sugars 12g, Added sugars 6g

Source: Eatingwell.com.



December Recipes

Red Potato Mash



Ingredients:

2 pounds red skin potatoes cubed
salt to taste
½ cup milk of choice
¼ cup butter melted
fresh chopped chives for serving

Instructions:

Add cubed red skin potatoes to large pot, then fill pot with enough cold water to cover potatoes. Sprinkle 1 large pinch salt over top of potatoes and place pot on stovetop over medium-high heat.

Bring water to boil, then reduce heat to low. Simmer potatoes in water about 15 minutes or until potatoes can easily be pierced with tines of fork.

When potatoes are cooked, pour into colander and drain. Transfer potatoes to large bowl and lightly mash with potato masher. Add in milk and melted butter to bowl, then mash until potatoes are smooth. Taste mashed potato and add more salt if

needed. Serve warm with fresh chopped chives sprinkled on top.

Notes: Make it dairy free: replace milk with full-fat coconut milk and butter with vegan butter. To melt butter, place in a microwave-safe bowl, then microwave for about 30 seconds, stir and microwave again for 20 to 30 more seconds. Time will vary per microwave. If you're not serving red skin mashed potatoes right away, cover them with foil, and place them aside. You can reheat them by keeping them in oven at low temperature, about 200° Fahrenheit or microwave them uncovered until desired temperature.

*Nutrition Information: Serving: 1 serving
Calories 324kcal, Protein 6g, Fat 13g, Saturated Fat 8g, Trans Fat 0.5g, Total Carbs 48g, Fiber 7g, Sugar 16g, Net Carbs 41g, Cholesterol 34mg Sodium: 184mg 2mg.
Recipe by: Sam Guarnieri*

Hearty Root Vegetable Soup

Ingredients:

1 tablespoon extra-virgin olive oil
1 cup chopped yellow onion
1 cup chopped unpeeled carrot
1 cup chopped celery
1 cup diced root vegetables (such as butternut squash, parsnip or celeriac)
3 large cloves garlic, minced
1 tablespoon chopped fresh oregano
1 teaspoon dried thyme leaves
¾ teaspoon salt
¾ teaspoon ground pepper
7 cups lower-sodium chicken broth
1 pound boneless, skinless chicken thighs, trimmed and cut into 1/2-inch pieces
½ cup wild rice, rinsed
½ cup chopped fresh flat-leaf parsley
1 tablespoon lemon juice

Directions:

Heat oil in a large Dutch oven over medium

-high heat. Add onion; cook, stirring occasionally, until tender, about 3 minutes. Stir in carrot, celery and root vegetables; cook, stirring occasionally, until tender, about 5 minutes. Stir in garlic, oregano, thyme, salt and pepper; cook, stirring occasionally, until aromatic, about 1 minute. Stir in broth, chicken and rice; bring to a boil over high heat. Reduce heat to maintain a simmer; cover and cook, undisturbed, until the rice is just tender and the chicken is cooked through, 30 to 35 minutes. Remove from heat and stir in parsley and lemon juice.

*Nutrition Information: Calories 325, Carbohydrates 30g, Fiber 4g, Total Sugar 5g, Protein 21g, Total Fat 9g, Saturated Fat 2g, Cholesterol 197 mg.
Source: EatingWell.com*



December Recipes

Grapefruit Salad

Ingredients:

5 cups baby greens (spring mix or arugula/spinach mix)

1 grapefruit, peeled and segmented, chopped into small pieces

1 avocado, peeled and sliced

1/3 cup crumbly feta cheese

1/4 cup pepitas (pumpkin seeds) or chia, or almonds

2 tablespoons extra virgin olive oil

2 teaspoons lemon juice

2 teaspoons honey

1/2 teaspoon sea salt

1/4 teaspoon ground black pepper

Instructions :

Combine the greens, grapefruit, and avocado in a large bowl.

Toss gently to combine. In a small mixing bowl, combine the olive oil, lemon juice, honey, salt, and pepper.

Whisk briskly till fully combined. Drizzle the honey lime dressing over the salad and serve immediately.

Nutrition Information: Calories, 331, Carbohydrates 29g, Protein 12g, Sugar, 6mg, Total Fat 22g, Saturated Fat 5g, Trans Fat 0g Unsaturated fat 15g, Cholesterol 11mg, Sodium 219 mg, Fiber 14g.

Source: <https://thishealthytable.com/wp-json/mv-create/v1/creations/662/print>.



Apple Cider Chicken

Ingredients:

1 pound boneless, skinless chicken breasts, trimmed

½ teaspoon salt, divided

½ teaspoon ground pepper, divided

2 tablespoons extra-virgin olive oil, divided

2 medium Granny Smith apples, peeled and thickly sliced

¼ cup finely chopped shallots

1 teaspoon dried thyme

½ cup apple cider

½ cup unsalted chicken broth

1 tablespoon reduced-fat sour cream

1 tablespoon chopped fresh parsley

Directions: Season chicken with 1/4 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, flip-

ping once, until browned, about 3 minutes per side. Remove chicken from skillet and set aside. Reduce heat to medium. Add the remaining 1 tablespoon oil, apples, shallot and thyme to the pan. Cook, stirring, until softened, 2 to 3 minutes. Add apple cider and broth; bring to a simmer. Cook until slightly thickened, about 3 minutes. Return the chicken and any accumulated juices to the pan; adjust heat to maintain a simmer. Cook until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 3 to 4 minutes. Transfer the chicken to a platter. Stir sour cream, parsley and the remaining 1/4 teaspoon each salt and pepper into the sauce. Spoon the sauce over the chicken.

Nutrition Information: Calories 251, Carbohydrates 16g, Fat 10g, Saturated 2 g, Protein 22g, Sodium 64 mg, Sugar 2g, Fiber 2g.

Source: EatingWell.com.



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Date	Class Description	Time	Cost
Sep 20	Food Safety & Nutrition Food Trends	11:30 am	Free
Sep 27	Food Safety: GMO's 101	11:30 am	Free
Oct 4	Walk Maryland—Walk and Wellness Event	11:30 am	Free
Nov 8	Health Literacy & Communication How to Talk to Your Doctor	10:00am	Free
Nov 15	Nutrition, Health & Wellness Nutrition 101: Healthy Cooking for the Holidays	10:00 am	Free
Dec 20	Nutrition, Health & Wellness Nutrition 101: Healthy Cooking for the Holidays	11:30 am	Free

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