

October Wellness Facts

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Breakfast Ideas

- Wake up to a cold glass of 100% apple, orange, grapefruit or tomato juice.
- Sprinkle frozen (thawed) or fresh berries over low fat, vanilla flavored yogurt.
- Slice apples, a banana, juicy peaches, strawberries, blueberries, or raisins into a bowl of cold cereal.
- Grab an extra piece of fruit or a 100% fruit juice or vegetable juice box to take with you if you don't have time to eat at home.



Pumpkin Smoothies

Ingredients:

2 tablespoons canned pumpkin
1 cup of 1% or fat free milk
1 banana
cinnamon

Directions:

Combine 1 cup of milk, 1 sliced banana, 2 tablespoons cooked pumpkin (use cooked from a pumpkin or purchase canned pumpkin). Blend until smooth.

Makes 4 to 6 small servings.

Pumpkin Orange:

Cut out the center of an orange and fill with cooked pumpkin. Sprinkle with a little cinnamon and let your children enjoy eating the pumpkin out of the orange cup.

Fall Family Activity

Load the camera with film, dress for the weather, and take a walk outdoors. As you are walking along spending some



quality time together and getting some physical activity, you will also be collecting memories. Let each family member take some of their favorite shots. Look at the colors of the trees and plants, stop and touch the bark on the trees, pick up a stone, or watch a bug crawl across your path.