

Ask the Expert: What are Some Lifestyle Tips For Fall?

Written by Adina Miller, Purdue University Dietetics & Nutrition, Fitness, and Health '24

The fall season is here, which means the holidays are right around the corner! A lot of holiday traditions include meals that bring families and friends together. These meals are meant to be enjoyable, but if you find yourself forming unhealthy habits from these gatherings, remember that balance is key. Start new healthy habits by adding in-season fruits and vegetables to your diet and by starting a new physical activity routine.



Delicious produce can be used to add in-season variety to the fruit and vegetable choices in the fall. Check out fall foods that are in-season and learn the benefits of these foods and ideas for how to add them to your diet below:

- **Pumpkin.** Full of Vitamin A, which is good for skin and eyes. Pumpkin can be added to desserts, soups, and more.
- **Sweet potato.** A great way to get Vitamin C, which helps fight sickness. Sweet potatoes can be eaten as a side dish at any meal.
- **Cranberries.** Cranberries have bacteria-fighting traits that stop harmful bacteria from causing infections in the bladder. Cranberries can be eaten raw, or cooked. They can be a snack, or a side dish for meals.

The weather has cooled down, so try to get outside and enjoy the crisp air. There are many fun outdoor fall activities. For example, visiting a pumpkin patch, carving pumpkins, and going for a walk. Staying active is great for your health in many ways. Just going on a short walk can help relieve stress and put you in a better mood. Find some time this fall to be active, enjoy nature, and add fruits and vegetables to your diet!

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Food Safety: Preserving Pumpkins

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Pumpkins are great for baking or cooking! They can be used in pies, drinks, bread, muffins, and many other treats. Making sure to wash, prepare, and store pumpkin safely will remove harmful bacteria and viruses from the pumpkin that could make you or your family members sick with a foodborne illness. Follow the steps below to safely preserve pumpkin and prevent foodborne illness.

- Check the pumpkin. Choose a pumpkin that is not damaged or dented. If there is a soft spot on the pumpkin, it might be spoiled.
- Wash the dirt off the pumpkin. This stops bacteria from getting inside of the pumpkin when it is cut open.
- When you store the pumpkin, freeze it in chunks in a freezer-safe container, such as freezer bags, glass containers, or plastic food storage containers. The proper temperature to freeze pumpkins is 31 degrees F.

Enjoy pumpkins and stay safe!



Source: https://www.canr.msu.edu/news/pumpkin_preservation_safety_tips

Apple Cinnamon Bars

Directions

1. Preheat oven to 350 degrees F.
2. Put flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Mix the ingredients and cut into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40-45 minutes.
9. Cut into squares. It will fall apart easily.

Enjoy!

Ingredients (24 servings)

- 4 apples*
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1 cup brown sugar
- 1 cup oats (uncooked)
- 1 cup shortening



Nutrition Facts (per serving)

Calories: 99
Protein: 1g
Carbs: 14g

***foods included in the TEFAP (The Emergency Food Assistance Program)**

Sources: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-cinnamon-bars>

Eating Right: Preparing for Trick-or-Treating with your kids

Written by Adina Miller, Purdue University Dietetics & Nutrition, Fitness, and Health '24

Candy plays an important role in Trick-or-Treating, but there are ways to keep up healthy habits even during this candy-focused event. Candy adds calories without adding many nutrients like vitamins and minerals. Keeping the amount of candy that your kids eat after Trick-or-Treating under control can be challenging. Starting the evening with a balanced meal before Trick-or-Treating is one way to make sure they fill-up with food first, instead of candy. A balanced meal includes protein, whole-grain, fruit, vegetables, and low-fat dairy foods. By eating a balanced meal before collecting bags of candy, kids may not eat as much candy as they would otherwise.



Another way to avoid overeating candy is to give kids smaller sizes of candy. The smaller sizes will help with portion control. This may help to lessen the amount they eat in one sitting.

Another way to add healthy snacks into the Halloween celebration is to make your own snacks. For example, apple slices with a caramel dip, warm apple cider, pumpkin pie, or cinnamon sticks. Below, there are a couple of ideas for Halloween themed snacks. If you don't want to end Halloween with a lot of candy leftovers, try bringing it to your work or other social events to share with others. You can also mix the candy with cereal and pretzels to create a trail mix.

Halloween snack examples:

- Ghost Bananas: Bananas with chocolate chips as eyes and mouth.
- Clementine Pumpkins: Clementines with drawn on pumpkin faces
- Cheese stick ghost: Cheese sticks with eyes and a mouth drawn on to the plastic wrap.



Sources: <https://www.eatright.org/health/lifestyle/holidays/tips-for-a-healthy-halloween-party>, Image: <https://www.bing.com/images/search?view=detailV2&ccid=eBMshHq5&id=64F7DD4B0B30516C01270260DBFBFC0321EFD2FA&thid=OIP.eBMshHq52XaHjXTm8vOiywHaHa&mediaurl=https%3a%2f%2fsuperfastdiet.com%2fwp-content%2fuploads%2f2018%2f10%2fhealthy-halloween-treats-fruit.jpg&cdnurl=https%3a%2f%2fbing.com%2fth%2fid%2fR.78132c847ab9d976878d74e6f2f3a2cb%3frik%3d%252btLvlQP8%252b9tgAg%26pid%3dlmgRaw%26r%3d0&exph=880&expw=880&q=haloween+snacks&simid=607998559865371422&FORM=IRPRST&ck=8AB76477756236A60FCF8319F048F238&selectedIndex=9>, data:image/

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In The News: October is National Apple Month

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There are a lot of different types of apples to try. Some of these types include fuji, granny smith, honey crisp, gala, and golden delicious.

Apples are a good source of fiber and are high in Vitamin C. Fiber helps your bowel health and vitamin C is great for skin. Apples do not have any fat, cholesterol, or sodium.

Celebrate national apple month by eating apples in a new way. Try dipping apple slices in peanut butter or yogurt. Another way to eat apples is to add them to a baked good, like a pie, cake, or muffin, or as part of a salad or side dish. Apples could be used to replace other fruits in recipes. Try using applesauce to replace another sweetener in a baked recipe.

