

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:

- Easy Skillet Spinach
- Lasagna
- Chile Relleno Casserole
- Guacamole
- Chicken Melt
- Vegetable Wellington
- Cajun Cornbread Stuffing

And many more!

Fall Produce To Try

These fall seasonal fruits and vegetables not only add flavor and variety to your meals but also offer a wide range of health benefits, making them a delicious and nutritious choice during the autumn season.

Apples: Crisp and sweet varieties like Gala, Honey crisp, and Granny Smith are in abundance during fall.

Pears: Bartlett, Bosc, and Anjou pears are at their peak flavor and texture in the fall.

Pomegranates: Known for their juicy, ruby-red seeds, pomegranates are harvested in the fall and make a great addition to salads and snacks.

Squash: Varieties like butternut, acorn, and spaghetti squash are plentiful and perfect for roasting, soups, or casseroles.

Sweet Potatoes: These nutritious tubers are a staple for fall recipes and are rich in fiber and vitamins.

Beets: Earthy and vibrant, beets are great for salads, roasting, or making beet soups.

Turnips: These root vegetables have a mild, slightly peppery flavor and can be used in stews and roasted dishes.

Kale: This hearty, leafy green thrives in cooler weather and is perfect for salads, smoothies, or sautéed dishes.

Cabbage: Cabbage is used in a variety of dishes, from coleslaw to sauerkraut, and is often harvested in the fall.



September Themes

National Yoga Awareness Month



Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.

Many people who practice yoga do so to maintain their health and well-being, improve physical fitness, relieve stress, and enhance quality of life. In addition, they may be addressing specific health conditions, such as back pain, neck pain, arthritis and anxiety.

This ancient practice offers options for all fitness levels

and has become increasingly popular in the U.S., with about one in seven Americans practicing yoga, according to a 2017 national survey. While the complex inversions and more rigorous styles can be intimidating, there are many different types of yoga that can be approachable for anyone, at any age or physical ability.

And emerging research shows that yoga may help you fall asleep faster, sleep longer, and sleep more soundly—without the negative side effects of medication.

Yoga facilitates sleep by reducing stress, and anxiety—known causes of poor sleep.

Yoga even helps with full-fledged in-

somnia. While following common advice on how to get a good night's sleep can reduce sleep problems, people in one study fell asleep 37% faster after eight weeks of yoga compared with 28% for those who received only the advice.

Research shows that there is a "dose-response" effect—meaning that the more you practice yoga, the fewer sleep disturbances you are likely to experience and the more restorative your sleep will be. Even if you don't have problems falling asleep, yoga can improve the quality of your slumber.

Some ways to celebrate National Yoga Awareness Month include:

- Outdoor yoga: Get together with friends for a day of yoga at the park
- Practice by yourself: Use DVDs or YouTube videos
- Join a class or community: Join local yoga classes or communities
- Yoga party: Host a party with yoga demonstrations, food, and presents

Yoga can help improve strength, balance, and flexibility. It can also help with mental well-being, stress relief, and quality of life.

Source: nih.gov; health.harvard.edu

SEPTEMBER IS
NATIONAL
YOGA MONTH



September Themes

Healthy Aging Month

September is Healthy Aging Month. The theme for Healthy Aging Month in 2024 is "Shaping the Future of Aging". Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older.

Some tips for healthy aging include:

- Staying active
- Getting regular checkups
- Being aware of changes in brain health
- Redefining your purpose
- Volunteering your time and expertise
- Beating back loneliness



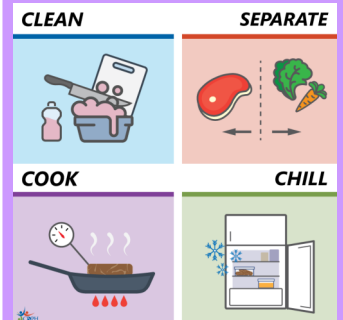
Safer Food Choices for Adults 65+

Older adults have a higher risk of getting sick from food poisoning and having a more serious illness. Some foods are safer choices than others.

That's because some foods—such as undercooked meat and eggs, unwashed fruits and vegetables, and unpasteurized milk—are more often associated with foodborne illnesses.



Riskier Food Choice	Safer Food Choice
Raw or undercooked poultry or meat Poultry includes chicken and turkey Meat includes beef, pork, lamb, and veal Unheated deli meat, cold cuts, hot dogs, and fermented or dry sausages	All poultry, including ground chicken and turkey, cooked to 165°F Whole cuts of beef, veal, lamb, and pork cooked to 145°F (then allow the meat to rest for 3 minutes before carving or eating) Ground meats, such as beef and pork, cooked to 160°F Deli meat, cold cuts, hot dogs, and fermented or dry sausages heated to 165°F or until steaming hot
Any raw or undercooked sprouts Unwashed fresh fruits and vegetables, including lettuce and other leafy greens Cut melon left out for more than 2 hours (1 hour if it's hotter than 90°F)	Cooked sprouts Washed vegetables and fruits (washed and then cooked are safest) Freshly cut melon or cut melon kept refrigerated for 7 or fewer days
Raw or undercooked (runny) eggs, and foods that contain raw or undercooked eggs, such as Caesar salad dressing Raw cookie dough Eggnog	Eggs cooked until the yolks and whites are firm Egg dishes (frittata, quiche, casserole) cooked to an internal temperature of 165°F if they contain meat or poultry Egg dishes cooked to an internal temperature of 160°F if they do not contain meat or poultry



Handwashing in Autumn/Winter



Washing your hands with soap and water is particularly important when cold and flu are around. Every time you touch a contaminated surface, you can transfer germs to and from your hands — but proper and thorough hand washing helps to remove the germs from your hands.

It's also important to wash your hands:

- before handling food or eating
- before preparing a baby's feed or handling sterilized equipment
- before applying contact lenses
- immediately after handling raw foods, such as poultry
- after visiting the toilet or changing a nappy
- after touching animals or their toys or equipment
- after contact with blood or body fluids (like vomit, nasal secretions, saliva)
- after touching a contaminated area (e.g. cleaning cloth, drain, soil)
- before and after dressing a wound, giving medicine, or applying a medical device (e.g. catheter)
- more often when someone in your home is sick

- whenever hands look dirty.

The most effective way to wash your hands:

1. Wet your hands with warm water and apply a small amount of liquid soap.
2. Rub your palms together vigorously (away from the water) to make a lather.
3. Rub every part of your hands, including the backs of your hands, your thumbs, between your fingers, and under and around your nails.
4. Continue for at least 20 seconds. It takes that long for the soap and scrubbing action to dislodge and remove the germs.
5. Rinse your hands well under clean, running water.
6. Dry your hands thoroughly using a clean dry towel.

Keep your hands clean even if water isn't available, by using hand sanitizers designed to kill germs on hands that are not visibly dirty, without the need for washing hands.

Source:

<https://www.naturewise.com>



Autumn Seasonal Eating Benefits

Eating in tune with the seasons is not just a trend that chefs and foodies have popularized. It's a practice deeply rooted in our ancestral ways of living and holds particular importance for the elderly. As we age, our bodies undergo various changes, from metabolic rates to the ability to absorb certain nutrients. Therefore, selecting foods that are not only tasty but also nutritionally dense becomes pivotal. Seasonal eating, especially during the vibrant autumn season, can offer many benefits for seniors. Why is seasonal eating important for the elderly? Foods harvested at their peak are richer in vitamins, minerals, and antioxidants. Seasonal foods often align with what our bodies need at that particular time of year. During autumn, as the weather starts to cool, we naturally gravitate towards grounding and warming foods. These foods can be easier on the elderly digestive system, promoting better gut health. Let's not forget the simple joys of taste! In-season foods tend to be fresher and thus have a superior flavor profile. of seasonal eating in autumn.

Autumn brings with it a rich bounty of fresh produce that not only delights our taste buds but also offers myriad benefits. The foods that emerge in their prime during this season tend to possess an enhanced flavor and improved nutritional content. There's something undeniably special about biting into an apple plucked at its ripest or savoring a stew made from freshly harvested root vegetables. Their vibrant taste is a testament to the concentration of nutrients they pack, making them ideal choices for supporting our health. Economically, there's wisdom in opting for in-season produce as well. Shopping for abundant fruits and vegetables in the autumn

months is often more cost-effective, providing a financial incentive to enjoy what the season offers.

Root vegetables. Among the myriad gifts that autumn bestows upon us, root vegetables hold a special place in our kitchens and hearts. These vegetables are not just a feast for the eyes but a boon for our health too. Laden with essential nutrients, they are pivotal in bolstering our overall health. Their dense nutritional profile makes them especially beneficial during the cooler months when our bodies crave warmth and sustenance.

Dark leafy greens are Their rich calcium, iron, and mineral content reinforce bone health, an aspect of health that becomes increasingly significant as we age. Moreover, their high iron content serves to combat anemia, ensuring oxygen-rich blood circulates efficiently throughout the body.

Apples and pears are as delightful to the palate as they benefit our health. Their crispy, juicy flesh is a sensory pleasure and a source of many nutritional benefits and rich in dietary fiber, which aids in digestion.

Squashes and pumpkins with have an array of vitamins and densely packed with dietary fiber, and promoting digestive health, bolstering the immune system, and providing sustained energy.

Source: <https://www.easylife.co.uk/blog/healthy-eating-tips-for-the-autumn-season/>.



September Themes

Scientific Secrets to Healthy Aging



The second half of your life can bring some of your most rewarding decades. You may be more confident than your younger self. You gain wisdom and patience. Sure, your hair sprouts more grays and your face sports more lines. But you can grow older with your body and mind as healthy as they can possibly be. Here are science-backed secrets to do just that.

Take Stock

Staying on top of your health is much more than getting care when you don't feel good. See your doctor for regular checkups. (And don't forget about your dentist and eye doctor.)

These visits can help find problems early or even before they start. The tests you need depend on things like your age, gender, family history, and whether you smoke or exercise.

Eat Whole Foods

It's more a way of eating than a formal diet. You load up on veggies, fruits, whole grains, nuts, and low-fat dairy. You eat less fatty meats, butter, sugar, salt, and packaged foods. Many studies have found that this diet can help you live longer and protects against heart disease, cancer, Parkinson's, and Alzheimer's disease. Researchers believe one way it works is by physically changing parts of your chromosomes linked to age-related diseases.



Walk

Aim for 30 minutes every day. If that's too much, break it up into shorter strolls. Regular exercise -- especially if you do it briskly enough to feel a little breathless -- delivers huge health benefits. It helps keep brain cells healthy by delivering more blood and oxygen. In

fact, research suggests aerobic exercise may delay or improve symptoms of Alzheimer's disease.

It also helps:

- Control your weight
- Boost your mood
- Keep bones and muscles strong
- Helps you sleep better
- Makes you less likely to get heart disease, type 2 diabetes, high blood pressure, and high cholesterol

Stay Connected

Loneliness is harmful to your health. If you feel lonely -- whether you live alone or with someone, have lots of friends or none -- you are more likely to get dementia or depression. Seniors who report feeling left out and isolated have more trouble with everyday tasks like bathing and climbing stairs. They also die earlier than less lonely folks do. Researchers found that lonely people have higher levels of stress hormones that cause inflammation, or swelling, linked to arthritis and diabetes. Another study found more antibodies to certain herpes viruses in lonely people, a sign of stress in their immune system. So stay connected or make new friends. Do volunteer work or simply help someone in need. Just connect.

Add Fiber

It's an easy way to eat your way to better health with every meal and snack. Swap out your white bread for whole grain. Add kidney beans to your soup or apple slices to your salad. Fiber fills you up and for longer. It cuts your cholesterol levels and lowers your chance of heart disease, type 2 diabetes, and colon cancer.

It also helps you avoid constipation, which is more common in older adults.

September Themes

Scientific Secrets to Healthy Aging

Continued from prior page

After age 50, men should aim for 30 grams of fiber a day and women should get 21 grams a day.

Curb Bad Habits

Tobacco kills. It harms almost every organ in your body. Cigarettes, chewing tobacco, and other products with nicotine cause heart disease, cancer, lung and gum disease, and many other health problems. Your body begins to heal within 20 minutes of your last cigarette. Your chance of a heart attack goes down right away. In a year, your odds of heart disease drop by half. You'll also live longer. Ask your doctor for help.

Too much alcohol can harm your liver and cause some kinds of cancer. Men shouldn't have more than two drinks a day; women should have no more than one. If you drink more than that, talk to your doctor about cutting back.

Try Tai Chi

This gentle Chinese exercise combines slow movements and deep breathing. It's like meditating while you move. Tai chi may help older people avoid falls, a top cause of injury among seniors. It also can:

- Ease stress
- Improve balance
- Strengthen muscles
- Increase flexibility
- Lessen arthritis pain

Select Supplements

After age 50, your body does need more of some vitamins and minerals from foods or supplements than before. They include:

Calcium (to keep bones strong)

Vitamin D (Most people get it from sunlight, but some seniors may not get out

enough.)

Vitamin B12 (Older people have trouble absorbing it from foods, so you may need fortified cereals or a supplement.)

Vitamin B6 (It keeps your red blood cells strong to carry oxygen throughout your body.) Always check with your health care provider, and communicate what supplements you take so you can avoid bad interactions.

Eat Heart healthy foods , These foods that **help to obtain or maintain healthy levels of cholesterol and blood pressure**. For a healthy heart it is important to: Reduce low-density lipoprotein (LDL), the bad cholesterol, which is harmful to the heart. According to the National Heart, Lung, and Blood Institute vegetables such as leafy greens, broccoli , and carrots, fruits, such as apples, bananas, berries, whole grains like brown rice, oatmeal, whole grain bread or tortillas.

Eat Brain Healthy Food , they are Oily fish, berries, nuts, and other brain-boosting foods contain essential nutrients that may support short and long term brain function. The brain is an energy-intensive organ, using around 20 percent of the body's calories, so it needs plenty of good fuel to maintain concentration throughout the day. Green, leafy vegetables. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Consuming fatty fish such as wild salmon is one of the easiest ways to help boost your brain health. ...

Source: *webmd.com* and *FCS Educator*

Physical Wellness



September Recipes

Easy Skillet Spinach Lasagna



Ingredients:

1 (24 oz.) jar marinara sauce
 6 oz. no-boil lasagna noodles
 2 cups frozen chopped spinach, thawed and squeezed dry
 1 cup part-skim ricotta
 1 cup part-skim shredded mozzarella
 ¼ cup grated Parmesan cheese
 Basil, for garnish

Steps:

In a deep, 12-inch skillet, heat the sauce and ½ cup water to a simmer on medium-high. Break the lasagna noodles into thirds. Tuck individual noodle pieces into sauce, making sure each is coated. Cover and reduce heat to low. Cook 15 min., stirring

gently 2–3 times to prevent noodles from sticking to pan or each other. Meanwhile, in a medium bowl, stir together the spinach, ricotta, salt, and pepper. Uncover skillet after 15 min. and dollop ricotta mixture over and under some of the noodles. Sprinkle with mozzarella. Cover and cook another 10 min., until cheese is melted. Garnish with Parmesan and basil.

Nutrition information CALORIES 295kcal
 15% FAT 9.8g 15% SATURATED FAT 4.7g
 23% CARBS 35.6g 12% SODIUM 750mg 31%
 7.1g sugar 4.5g fiber 16.4g protein 28mg
 cholesterol. Source [https://
 recipecenter.giantfood.com/savory/](https://recipecenter.giantfood.com/savory/)



Autumn Harvest Veggie Chili

Ingredients:

2 medium carrots
 2 medium parsnips
 1 (14 oz.) pkg Nature's Promise® Organic Butternut Squash
 2 tbsp. olive oil
 1 medium onion, chopped
 2 red bell peppers, seeded and diced
 3 cloves garlic, minced
 1 tbsp. chili powder
 2 tsp dried oregano
 2 tsp ground cumin
 1 tsp ground cinnamon
 1 (28 oz.) can crushed tomatoes
 1 (15.5 oz.) can kidney beans, drained and rinsed
 1 (15.5 oz.) can 100% pumpkin puree
 1 (15 oz.) can white hominy, drained and rinsed
 2 cups water
 To Garnish (Optional):
 Sour cream
 Shredded cheddar cheese
 Chopped fresh cilantro
 Diced red onion

Steps:

Peel and cut the carrots and parsnips into 1-inch pieces. If needed, cut the squash into 1-inch pieces. In a large Dutch oven, heat the oil on medium. Add the onion, bell peppers, carrots, and parsnips. Season with salt and pepper. Cook 8–10 min., until vegetables have softened, stirring occasionally. Stir in the garlic, chili powder, oregano, cumin, and cinnamon and cook 1 min., until fragrant. Add the tomatoes, beans, pumpkin purée, hominy, butternut squash, and water to pot. Season with salt and pepper. Bring mixture to a boil. Reduce heat to a simmer. Cover and cook 25–30 min., until vegetables are tender, stirring occasionally. Serve with the garnishes, if desired.

Nutrition information per serving?
 Calories 275kcal, Fat 6.0g, Saturated fat 1.0g,
 Carbs 51.0g, Sodium 603mg, 17.0g sugar,
 13.0g fiber, 9.0g protein, 0mg cholesterol.
 Source: [https://
 recipecenter.giantfood.com/savory/](https://recipecenter.giantfood.com/savory/)

September Recipes

Chile Relleno Casserole

Ingredients:

6 large poblano peppers, halved and seeded

1 lb. 90% lean ground beef

1 ½ cups shredded reduced-fat Cheddar cheese, divided

¾ cup Bisquick

4 large eggs

Steps:

Preheat broiler. Position an oven rack 4–6 inches from top. Place the poblano peppers on a foil-lined rimmed baking sheet, cut-sides down. Broil 10 min., until blistered. When blistered all over, remove peppers and transfer to medium bowl. Cover bowl with plastic wrap and let sit at least 10 min. When cool, remove skin from peppers.

Meanwhile, preheat oven to 350°F. To a 10-inch skillet on medium, add the beef and season with salt and pepper. Cook 8–10 min., until fully cooked. Drain any excess fat.

In a greased 9x9-inch baking dish, place half of poblano halves. Layer with half of beef, remaining poblanos, and remaining beef. Top with ¾ cup cheese.

In a medium bowl, whisk together the Bisquick, eggs, and 1 cup water. Season with salt and whisk until smooth. Pour mixture over baking dish. Top with remaining ¾ cup cheese. Bake 45–50 min., until puffed and browned.

Tip: You can also use canned whole poblano peppers, drained. Remove stems and seeds and open the peppers so the flesh side lies flat.

Nutrition information CALORIES 370kcal
19% FAT 18.0g 28% SATURATED FAT 8.0g
40% CARBS 23.0g 8% SODIUM 450mg 19%
8.0g sugar 2.0g fiber 31.0g protein 205mg
cholesterol. Source : [https://
recipecenter.giantfood.com/savory/
magazine](https://recipecenter.giantfood.com/savory/magazine)



Apple, Raspberry, and Cinnamon Oatmeal

Ingredients:

1 cup instant oatmeal

4 tbsp. light brown sugar

4 tsp cinnamon

½ cup apple chips

1 cup freeze-dried raspberries

4 cups milk

Steps

Divide the oats in the bottom of 4 (16 oz.) mason jars and top each with 1 tbsp. brown sugar and 1 tsp cinnamon. Add the apple chips on top of the oatmeal and then add the raspberries. Seal the jar and store on a shelf for up to 10 days. When ready to serve, heat milk on the stove and pour over oats. Let sit 10 min., mix, and serve.

Nutrition information CALORIES 346kcal
17% FAT 12.3g 19% SATURATED FAT 5.2g
26% CARBS 50.7g 17% SODIUM 115mg 5%
26.2g sugar 5.4g fiber 11.8g protein 24mg
cholesterol.

Source: [https://
recipecenter.giantfood.com/savory/
magazine](https://recipecenter.giantfood.com/savory/magazine).



Physical Wellness



Fall Health Tips!

Some health themes for fall include:

Seasonal produce

Fall is a time to enjoy seasonal produce like apples, pumpkins, sweet potatoes, and greens. These fruits and vegetables are rich in fiber, vitamins, and antioxidants.

Staying active

Physical activity can help maintain a healthy lifestyle, improve blood pressure, cholesterol, and sugar levels, and boost your immune system. You can try hiking, apple picking, or gardening.

Hydration

Staying hydrated is important in the fall, even though it might not be as hot as summer.

Hand hygiene

Washing your hands frequently with soap

and water for at least 20 seconds is one of the most important ways to prevent the spread of disease.

Stress relief

Stress-reduction techniques like yoga, meditation, or mindfulness can help you manage stress.

Seasonal allergies

Autumn can bring seasonal allergies, such as ragweed pollen.

Humidifier

Using a humidifier can help improve your breathing and reduce lung problems.

Vitamin D

Sunlight is a natural source of vitamin D in the body. You can also take vitamin D supplements, but your healthcare provider will advise the most suitable form.

Source: FCS Educator

Vitamin D Benefits for Autumn Season

Like water and oxygen, vitamins play critical roles in maintaining normal body function. And of the thirteen essential vitamins we need to stay healthy, vitamin D is especially important in the fall and winter seasons.

Unlike other vitamins we mainly get through the foods we consume, vitamin D is mainly produced via sun exposure (that's why you may also know it as the "sunshine vitamin"). But simply being outdoors doesn't ensure that we have sufficient vitamin D levels, and we shouldn't assume that our bodies can automatically produce all the vitamin D we need. In fact, an estimated one billion people across the globe have insufficient vitamin D levels.

So prepare for the colder months by understanding as much as possible about vitamin D — the fundamental nutrient that helps us absorb calcium and promotes our immune system:

Why might vitamin D levels drop in fall and winter?

Sun exposure is a key component in natural vitamin D production. Depending on the melanin levels in our skin, we should aim to get at

least 10-30 minutes of sunlight multiple times a week. (If you have darker skin, you may need more sun exposure to produce proper vitamin D levels.)

Naturally, our access to sunlight diminishes during fall and winter. Shorter days, altered lifestyles to spend more time indoors, and hostile weather are all culprits behind decreased sun exposure — and as a result, decreased vitamin D levels.

However, a drop in vitamin D levels is the last thing you want during this season! Lower temperatures and increased pathogen exposure during the back-to-school season can lead to precarious health conditions. Let's dive into why ensuring proper levels of vitamin D is more important than ever during this time:

How are vitamin D and the immune system connected?

1. Proper vitamin D levels ensure bone health.

Vitamin D has a function that no other vitamin can fulfill. It's the only vitamin that helps our body absorb calcium. Calcium is a mineral that

Vitamin D Benefits for Autumn Season

continued

helps to keep our bones strong yet flexible, preventing brittleness that may cause easy bone damage and breaks. Even with healthy amounts of calcium, our bodies can't utilize its properties without sufficient vitamin D levels.

That's why vitamin D deficiency can lead to poor bone health and conditions like osteomalacia, a disease in which lack of vitamin D causes weak bones. In more severe cases, it could lead to osteoporosis, which causes bones to become so brittle that they can easily fracture from merely bending over or suffering a light fall.

2. Vitamin D deficiency can increase the risk of inflammatory disease.

Studies have found that vitamin D deficiency is associated with higher levels of inflammatory biomarkers. In other words, insufficient vitamin D levels may increase the risk of chronic inflammation.

When our bodies experience chronic inflammation, we increase our risk for a compromised immune response. Chronic inflammation causes our bodies to be on high alert constantly, and our immune systems may start to attack healthy tissue. This increases the risk of severe health conditions like certain cancers, heart attacks, and more.

3. Vitamin D plays a vital role in supporting the immune system.

Thousands of people fall ill due to the flu and the common cold every fall and winter season. However, one of the best ways to prepare for this season is to ensure proper vitamin D levels, which is crucial for keeping a strong immune system.

This is because vitamin D is vital for the activation of our immune systems. Without healthy levels of this nutrient, our bodies can't fight off infections. Additionally, vitamin D promotes our immune system by supporting a healthy respiratory system, keeping you away from the common cold, bronchitis, flu, and more.

Vitamin D also supports strong lungs, which are essential during the season in which respiratory infections are common.

How can I support proper Vitamin D levels?

Vitamin D levels are more likely to drop in the winter due to decreased sun exposure. Luckily, there are other ways to boost your intake of this unique vitamin. Increase your vitamin D with the following foods:

Fortified milk. Ever been told to drink milk to help your bones grow stronger? This isn't a baseless suggestion. Fortified milk has added vitamins (A and D3) to support vitamin D intake in your body.

Salmon and tuna. Sushi lovers, this one's for you. These fatty fish can be tasty and prime sources of vitamin D while containing other vital nutrients like omega-3s and protein.

Eggs. Eggs are one of the most versatile and easiest ways to include regular vitamin D consumption into your meals. However, be sure not to omit any part of the egg when preparing your dish since vitamin D is found in the yolk.

Mushrooms. Certain mushrooms (like oyster mushrooms) can be chock full of vitamin D and act as popular meat alternatives for those with plant-based diets.

Vitamin D supplements. Supplements are a direct way to include mindful vitamin consumption in your daily lifestyle. Nature Wise Vitamin D3 supplements are formulated with a bioactive form of vitamin D and olive oil for high absorption by your body.

Understanding What Your Body Needs

Maintaining a healthy immune system is a year-long effort, and you may need to vary your focus on nutrient supplementation as seasons change. This is especially true of vitamin D, so don't forget to remain mindful of changes to sun exposure regularly. However, remember that you should always wear sunscreen before you head outside if you choose to stay in the sun. Sunscreen is unlikely to prevent the production of vitamin D, but can dramatically reduce the risk of skin cancer.

So as you prepare for the fall and winter seasons, stay healthy by adjusting to what your body needs and getting enough vitamin D!

Source: WebMD



October Themes

National Bullying Prevention Month

National Bullying Prevention Month is observed in October to raise awareness about bullying and to promote kindness, acceptance, and inclusion.



October was first declared as National Bullying Prevention Month in 2006. Since then, October has been a time to acknowledge that bullying has devastating effects on children and families such as school avoidance, loss of self-esteem, increased anxiety, and depression. Bullying can occur in multiple ways.

October is National Bullying Awareness Month, and this is an opportunity to encourage the nation to take action at the local level to create safe and supportive organizations. Bullying is unacceptable and comments or conduct that disparages or demonstrates hostility or aversion should not be tolerated. By being accepting, kind and inclusive, you

can help make the world a better place. Together we can create a world without bullying!

The best way to get started with bullying prevention is to take advantage of the below resources.

[NIH Employee Assistance Program \(EAP\)](#)
[NIH Civil Program Understanding Workplace Bystander](#)
[NIH Training: Bystander](#)

[NIH Training for Supervisors Only: Bystander](#)

[Health line Workplace Bullying](#)

[CDC Bullying Prevention](#)

[StopBullying.gov](#)

National Physical Therapy Month



October is National Physical Therapy Month — a time to celebrate the profession and all the ways physical therapists, physical therapist assistants, and PT and PTA students help improve lives across the country. This year's theme is the promotion of physical activity and the unique value PTs and PTAs bring to help people get moving, a focus that's also in line with our latest #ChoosePT public awareness campaign.

The American Physical Therapy Association (APTA) and other organizations began celebrating Physical Therapy

Week in the early 1980s. The week was originally celebrated in June, but was later moved to October. The first official NPTM was celebrated in October 1992.

Physical therapy can help people with a variety of conditions, including:

- **Managing pain and chronic conditions**
- **Recovering from injuries, illness, or surgery**
- **Enhancing athletic performance**
- **Participating in more activities at home, work, and** <https://www.apta.org/national-physical-therapy-month>.

October Themes

Walk Maryland Day

Celebrate Walk Maryland Day on October 2nd by Registering as a Walk Leader or Sole Mate

Marylanders across the state are preparing for the 2024 celebration of **Walk Maryland Day** on **Wednesday, October 2**. Please join us!

Walk Maryland Day is a celebration of our state's official exercise and a call to action to support safe walking and walkability. You can join by registering to walk on October 2 as either a Walk Leader or "Sole Mate." **Walk Leaders** are to encourage anyone who enjoys walking and wants to help others realize the benefits this healthy activity can bring to join them on a walk. **Sole Mates** are people who would like to join a walk and can register for a walk in their desired location.

Anyone can register as either a Walk Leader or Sole Mate, for any variety of safe walking experiences. Registered walks can be alone or in groups; in parks or city neighborhoods; via wheelchairs or on treadmills; or wherever and however safe walking experiences are available. So, get ready to celebrate Walk Maryland Day by registering today to walk on October 2!

[Register as a Walk Leader](#)

[Register as a Sole Mate](#)



Here's how it works: Walk Leaders will identify a safe walk (of any specified length) to be conducted on October 2nd in a specified location. Sole Mates can register for a preferred walking area and will be matched with a Walk Leader. Walk Leaders will then be provided with a list of potential Sole Mates to plan logistics for their registered walk. While walking, all are encouraged to commemorate and celebrate their experience by taking photos or videos and sharing them on social media. Use #WalkMD2024 to share pictures and help show your support for walking in Maryland. We look forward to hearing from you!

And then? After Walk Maryland Day, keep walking! There will be walk-related events and educational opportunities across the state throughout the month of October, as Maryland celebrates "**Walktober!**" Be sure to check this site often, as registered walks, events, and programs will be added throughout the month.

The registration link(s) for both Walk Leader & Sole Mate are provided by the Maryland Department of Health (MDH).



October Recipes

Guacamole Chicken Melt



4 boneless, skinless chicken breasts (about 2 lbs.)

2 tsp chili powder

2 tbsp. olive oil

1 cup store-bought guacamole

½ cup shredded Mexican cheese blend

Steps

Arrange oven rack 6 inches from broiler.

Heat broiler on high. Working with one at a time, add the chicken breasts to a resealable plastic bag. Using a meat tenderizer or heavy rolling pin, flatten breast to an even ½-inch thickness. Transfer flattened breast to a plate and repeat with remaining chicken. Sprinkle the chili powder all over chicken. Season with salt and pepper.

In a 12-inch oven-safe skillet, heat the oil on medium. Cook chicken breasts 4–5 min. per side, until fully cooked. Remove from heat. Top chicken with the guacamole and cheese. Broil 1–2 min., until cheese is melted and bubbly.

Nutrition information CALORIES 466kcal 23% FAT 23.0g 35% SATURATED FAT 6.0g 30% CARBS 6.0g 2% SODIUM 372mg 16% 0.0g sugar 2.0g fiber 55.0g protein 178mg cholesterol.

Source: Source: <https://recipecenter.giantfood.com/savory/magazine>.

Honey-Lemon Roast Chicken



2 lemons

⅓ cup Nature's Promise Organic U.S. Grade A Golden Honey

2 (4- 5 lb.) whole chickens

1 (¾ oz.) pg fresh rosemary

¼ cup olive oil

Steps

Preheat oven to 375°F. Place a wire rack on a large, foil-lined rimmed baking sheet. Into a small bowl, zest both the lemons. Halve lemons and squeeze 2 tbsp. juice into bowl (do not discard lemons). Stir in the honey and set aside.

With kitchen shears, trim any excess fat from the chickens. Season insides of chickens with salt and pepper. Divide lemon halves and rosemary between each chicken cavity. For each bird, tie legs together and tuck wings behind. Rub the oil all over out-

side of chickens. Generously season outside of chickens with salt.

Roast 1 hour, brushing with honey mixture every 20 min. Increase oven temperature to 450°F. Roast chickens another 15 min., until a thermometer inserted between the thigh and drumstick reaches 165°F and skin is golden brown.

Remove chickens from oven and let rest at least 15 min. before carving.

Nutrition information CALORIES 626kcal 31% FAT 36.0g 55% SATURATED FAT 9.0g 45% CARBS 13.0g 4% SODIUM 469mg 20% 12.0g sugar 1.0g fiber 59.0g protein 190mg cholesterol.

Source: Source: <https://recipecenter.giantfood.com/savory/magazine>.

October Recipes

Honey-Garlic Salmon with Steamed Green Beans

- 4 (6 oz.) salmon fillets
- 2 tbsp. honey
- 1 tbsp. reduced-sodium soy sauce
- 2 cloves garlic, minced
- 1 lemon, halved
- 2 (12 oz.) pkgs Steam Ready Green Beans
- 1 tbsp. butter

Steps

Position broiler rack 4–6 inches from heat source. Preheat broiler to high. Arrange the salmon on a large foil-lined baking sheet, skin side down. In a small bowl, whisk together the honey, soy sauce, and garlic. Juice 1 lemon half and add 2 tsp juice to honey mixture. Reserve juiced lemon half for the green beans.

Brush half of the honey mixture all over salmon and season with salt and pepper. Broil 7–10 min., until cooked to desired doneness, brushing with remaining honey mixture halfway through.

Meanwhile, microwave the green beans according to package directions. In a medium bowl, toss green beans with the butter to coat. Season with salt and pepper to taste. Squeeze remaining juice from reserved lemon over green beans. Slice the other lemon half into wedges. Serve salmon with green beans and lemon wedges.

Nutrition information CALORIES 473kcal 24% FAT 26.1g 40% SATURATED FAT 7.1g 36% CARBS 22.6g 8% SODIUM 243mg 10% 14.7g sugar 4.9g fiber 38.2g protein 101mg cholesterol. Source: Allrecipes.com



Chocolate Chip Muffins

- Cooking spray
- ⅔ cup plain soymilk
- 3 Tbsp. butter, melted
- 2 Tbsp. non-fat plain Greek yogurt
- 1 ½ tsp vanilla extract
- 1 large egg, lightly beaten
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ½ cup sugar
- 2 tsp baking powder
- ¼ tsp salt
- ½ cup semisweet chocolate chips

Steps

Preheat oven to 400°. Spray a 12 cup muffin tin with cooking spray or use cupcake liners, and set aside. In a large bowl, combine soymilk, butter, yogurt, vanilla and egg, mixing until well combined. In a separate

bowl, sift together flour, sugar, baking powder and salt. Slowly add the milk mixture to the flour mixture, stirring until moist. Gently fold in the chocolate chips until evenly distributed. Spoon batter into muffin cups and bake for 18 minutes or until toothpick inserted in the center of the muffins comes out dry. Remove muffins from pan and allow to cool on a wire rack.

Nutrition information CALORIES 169kcal 8% FAT 5.9g 9% SATURATED FAT 3.2g 16% CARBS 26.6g 9% SODIUM 124mg 5% 9.9g sugar 1.9g fiber 3.9g protein 21mg cholesterol.

Source: Source: <https://recipecenter.giantfood.com/savory/magazine..>



October Recipes

Maple Berry Spinach Smoothie



Ingredients:

1 (10 oz.) bag frozen berry medley
 1 ¼ cups low-fat milk or plant-based milk
 1 banana
 1 ½ cups packed baby spinach
 2 tbsp. maple syrup
 2 tsp vanilla extract

Steps

In blender, purée the berry medley and milk. Add the banana, spinach, maple syrup, and extract, and blend until smooth.

Divide among 4 glasses and serve.

Nutrition information CALORIES 129kcal 6%
 FAT 1.0g 2% SATURATED FAT 1.0g 5% CARBS
 27.0g 9% SODIUM 45mg 2% 19.0g sugar
 4.0g fiber 4.0g protein 4mg cholesterol

Pumpkin Spice Sweet Potato Pancakes



Ingredients:

¾ cup canned sweet potato puree
 2 large eggs
 ¾ cup low-fat milk
 3 tbsp. butter, melted and divided
 1 tbsp. apple cider vinegar
 ½ tsp vanilla extract
 1 ½ cup gluten-free all-purpose flour or
 almond flour
 2 tsp pumpkin pie spice
 1 tsp baking powder
 1/8 tsp salt
 ½ cup pecans, coarsely chopped
 Maple syrup, for serving

Steps

Preheat oven to 250°F. In a large bowl, whisk together the sweet potato purée, eggs, milk, 1 tbsp. melted butter, vinegar, and vanilla until smooth.

In a medium bowl, whisk together the gluten-free flour, pumpkin pie spice, baking powder, and salt. Stir the dry mixture into the sweet potato mixture until just combined.

Heat a 12-inch nonstick skillet on medium.

Brush with some of remaining melted butter. Once butter begins to foam, add batter ¼ cup at a time, to form pancakes. Cook 1–2 min. per side, until golden brown. Keep pancakes warm in oven while cooking remaining batter, if desired.

Serve pancakes topped with the pecans and maple syrup.

Tips

Nutrition information CALORIES 506kcal
 25% FAT 36.0g 55% SATURATED FAT 7.2g
 36% CARBS 28.6g 10% SODIUM 301mg 13%
 8.7g sugar 5.6g fiber 18.8g protein 118mg
 cholesterol

Artichoke Arugula Salad



1 (6 oz.) jar marinated artichoke hearts
 1 tbsp. lemon juice
 2 tbsp. honey
 ½ (5 oz.) pg arugula
 4 oz. shredded Parmesan

Steps

Drain the artichoke hearts, reserving the oil. In a small bowl, whisk together 2 tbsp. of the reserved oil with the lemon juice and honey. Quarter the artichoke hearts.

In a serving bowl, combine the artichokes, arugula and shredded parmesan. Toss with the dressing.

Nutrition information CALORIES 169kcal 8%
 FAT 7.3g 11% SATURATED FAT 4.3g 21%
 CARBS 15.3g 5% SODIUM 363mg 15% 9.4g
 sugar 2.6g fiber 11.7g protein 19mg chole-
 sterol

October Recipes

Vegetable Wellington

1 lb. carrots
 3 tbsp. olive oil, divided
 8 oz. cremini, shiitake, and/or oyster mushrooms, sliced
 1 (5.2 oz.) pkg roasted, peeled whole chestnuts, roughly chopped
 2 shallots, peeled and finely chopped
 ½ (16 oz.) bag frozen chopped spinach, thawed and drained well
 1 tbsp. reduced-sodium soy sauce
 4 cloves garlic, minced
 1 tsp Italian seasoning blend
 1 (15.5 oz.) can small white beans, drained and rinsed
 1 (17.3 oz.) pkg vegan puff pastry sheet (thawed, if frozen)
 ¼ cup chopped parsley, to serve (optional)

Steps

Peel and chop the carrots into 1-inch pieces. In a large heavy-duty skillet, heat 2 tbsp. oil on medium. Add carrots, mushrooms, and chestnuts. Season with salt and pepper. Sauté 10–12 min., until carrots are tender and mushrooms have released their liquid, stirring occasionally.

To skillet, stir in the shallots, spinach, soy sauce, garlic, and Italian seasoning blend. Cook 2–3 min., until any liquid has evaporated. Season with salt and pepper. Remove from heat.

In a food processor, purée the beans until

smooth. Season well with salt and pepper, puréeing again. Transfer to a large bowl. Wipe out food processor and transfer vegetable mixture to it. Pulse vegetables until finely chopped, careful not to over-pulse. Fold vegetable mixture into bean purée. Onto parchment-lined rimmed baking sheet, unroll 1 puff pastry sheet. Spread vegetable mixture in an even layer down the middle of pastry, leaving a 1½-inch border. Brush pastry border with some of remaining 1 tbsp. oil.

Unroll second puff pastry sheet and place on top, pressing gently to remove any air bubbles. Roll and crimp edges, pressing firmly to seal (you should end up with an approximately 9½x11-inch rectangle).

Brush top and sides of pastry with oil. With a paring knife, cut several slices in the top to release steam. Chill in the refrigerator for 30 min.

Preheat oven to 400°F. Bake 40–45 min., until golden brown and puffed. Allow to cool for at least 10 min. Cut into thick slices and serve garnished with parsley, if desired.

Nutrition information CALORIES 404kcal 20% FAT 21.0g 32% SATURATED FAT 8.0g 40% CARBS 48.0g 16% SODIUM 348mg 15% 8.0g sugar 7.0g fiber 9.0g protein 0mg cholesterol



Financial Wellness



5 Financial Tips for Autumn

As the leaves change color and the air turns crisp, fall is a perfect time to reevaluate your financial situation and make necessary adjustments to ensure you finish the year on a strong financial footing. Whether you're looking to save more, invest wisely, or simply get your financial house in order, these five steps will help you maintain financial wellness for the remainder of the year.

Review Your Budget

Fall is an excellent time to revisit your budget and make any necessary adjustments. Take a close look at your income, expenses, and savings goals. Are you overspending in any areas? Can you cut back on discretionary spending to save more? Are there any upcoming seasonal expenses, like holiday gifts or winter heating bills, that you need to plan for? Updating your budget and staying mindful of your spending habits can help you avoid financial stress during the year-end festivities.

Maximize Your Retirement Contributions

If you have a retirement savings plan, such as a 401(k) or an IRA, take advantage of the fall season to maximize your contributions. The more you contribute now, the more you'll benefit from compound interest over time. Consider increasing your contributions to take full advantage of any employer matches or tax advantages available to you. It's a smart move that can significantly boost your financial well-being in the long run.

Check Your Credit Report

Your credit score plays a crucial role in your financial wellness, impacting your ability to secure loans, obtain favorable interest rates, and even rent an apartment. Request a free copy of your credit report from each of the three major credit bureaus (Equifax, Experian, and TransUnion) and review them for errors or discrepancies. Correcting any in-

curacies can boost your credit score and improve your financial prospects.

Set Year-End Financial Goals

Before the year comes to a close, set clear financial goals for the remainder of the year. These goals might include saving a certain amount of money, paying off a specific debt, or starting an emergency fund. Having tangible financial objectives will help you stay focused and motivated. Break these goals down into manageable, actionable steps, and create a timeline to track your progress.

Prepare for Tax Season

It's never too early to start preparing for tax season. Use the fall season to gather and organize your financial documents, such as receipts, bank statements, and investment reports. Consider consulting with a tax professional or using tax software to ensure you take advantage of all eligible deductions and credits. By getting a head start on your taxes, you'll avoid the stress of last-minute scrambling and potentially maximize your refund or minimize your tax liability.

As the year draws to a close, taking steps to maintain your financial wellness during the fall season is a smart and proactive approach. Reviewing your budget, maximizing retirement contributions, checking your credit report, setting year-end financial goals, and preparing for tax season are all essential actions that will put you in a strong financial position for the remainder of the year and beyond. By making these financial habits a part of your fall routine, you can enjoy a more secure and prosperous financial future.

Source: <https://www.legalprofessionalsinc.org/5-things-to-do-during-fall-to-maintain-financial-wellness-for-remainder-of-the-year/>.

November Themes

American Diabetes Month

American Diabetes Month is a time to raise awareness about diabetes, a disease that occurs when blood sugar levels are too high. The following symptoms of diabetes are typical.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision

- Cuts/bruises that are slow to heal
- Tingling, pain, or numbness in the hands/feet (type 2)

However, some people with diabetes have symptoms so mild that they go unnoticed.

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Source: diabetes.org



Blood Cancer Awareness Month

Blood Cancer Awareness Month is helping to raise awareness of one of the world's most prevalent and dangerous cancers: blood cancer.

There are different types of blood cancer, including:

- leukaemia
- lymphoma
- myeloma
- myelodysplastic syndromes (MDS)
- myeloproliferative neoplasms (MPN)

They each have different symptoms, treatments and prognoses.

Worried about blood cancer? Most peo-

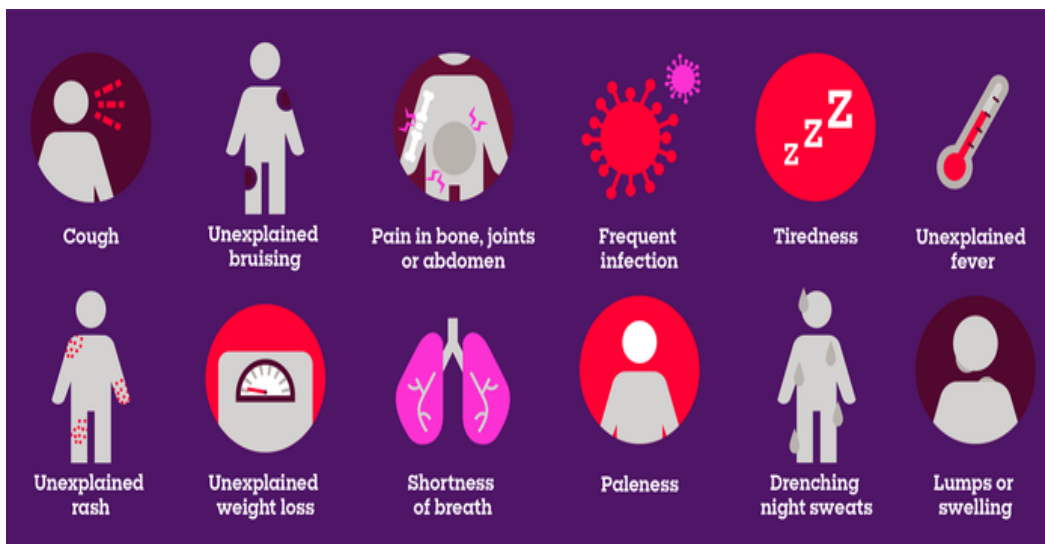
ple who have symptoms won't have blood cancer. But it's important to find out what's causing them.

Questions to ask your doctor:

If you go to get checked out, here are some questions you might want to ask your doctor:

- I'm worried about blood cancer – is that something you can rule out?
- Do I need a blood test?
- Do I need a lymph node biopsy?
- Do I need any scans?
- Do you need to take a urine sample?

Source: bloodcancer.org.uk



November Recipes

Cajun Cornbread Stuffing



Ingredients:

- 2 tbsp. Dijon mustard
- 1 tbsp. maple syrup
- 1 tsp garlic powder
- ¼ cup olive oil
- ½ red onion
- 2 (12 oz.) pkgs halved Brussels sprouts

Steps:

Preheat oven to 400°F. In a large bowl, whisk the mustard, maple syrup, garlic powder, and oil to combine. Thinly slice the red onion and add to the mustard mixture, along with the

Brussels sprouts. Toss to coat.

Spread vegetables in a single layer on a large baking sheet and roast 35–40 min., until sprouts are tender and caramelized, stirring halfway through.

Nutrition information CALORIES 144kcal 7% FAT 9.9g 15% SATURATED FAT 1.3g 7% CARBS 12.7g 4% SODIUM 142mg 6% 4.7g sugar 4.1g fiber 4.0g protein 0mg cholesterol.

Source: Allrecipes.com

Roasted Root Veggies

Ingredients:

- 3 lbs. mixed root vegetables (beets, carrots, parsnips, Yukon Gold potatoes)
- 3 tbsp. olive oil
- ½ cup prepared pesto
- 2 tbsp. finely chopped parsley

Steps:

Preheat oven to 450°F. Line 2 large baking sheets with foil.

Peel the root vegetables and cut into ¼- to ½ -inch-thick slices. Place vegetables in a large microwave-safe bowl or baking dish, along with ¼ cup water. Cover with vented plastic and microwave 5–7 min., until almost ten-

der.

Drain the vegetables well and gently toss with the oil. Arrange in single layer on lined baking sheets. Season with salt and pepper. Roast 15 min., until golden brown.

Transfer vegetables to serving bowl and spoon pesto on top. Garnish with parsley.

Nutrition information CALORIES 219kcal 11% FAT 13.3g 20% SATURATED FAT 2.1g 10% CARBS 17.7g 6% SODIUM 110mg 5% 12.6g sugar 7.5g fiber 3.8g protein 1mg cholesterol.

Source: Allrecipes.com



November Recipes

Simple Roasted Turkey

1 Ingredients:

whole thawed or fresh turkey
(plan on 1 lb. per person)
2 cups turkey stock
½ cup butter, softened
Salt
Pepper



Pour stock into bottom of pan. Cover turkey with aluminum foil tent. Place turkey in oven and baste about every 60 minutes. Cooking time is typically 15 minutes per pound.

Halfway through cooking, re-

Steps:

Place oven rack in the lowest position. Pre-heat oven to 325°F.

Remove the turkey neck and giblets from the body cavity of the turkey. Rinse the turkey and pat dry.

Place the turkey on the roasting rack in the roasting pan. Rub with softened butter and season with salt and pepper. (For this simple recipe, we are going to skip stuffing the turkey so that the turkey and stuffing cook evenly.)

remove the foil tent and continue roasting until meat thermometer placed in the breast, outer thigh, and inner thigh all reach 165F.

Remove from oven. Using a turkey lifter or 2 large forks placed into each end of the cavity, remove from pan and place on cutting board or serving platter. Let rest for about 20-30 minutes before carving.

Nutrition information CALORIES 727kcal
36% FAT 35.9g 55% SATURATED FAT 13.5g



Gratitude Cups for Children

Supplies needed:

- Light brown, dark brown, red, yellow, and/or orange construction paper
- Markers or crayons and glue stick
- Small clear disposable cups
- Chocolate-covered peanuts, almonds, or raisins

Nutrition information CALORIES 387kcal
19% FAT 25.0g 38% SATURATED FAT 10.9g
54% CARBS 37.0g 12% SODIUM 31mg 1%
28.0g sugar 3.5g fiber 9.8g protein 7mg
cholesterol. Source: Source : [https://
recipecenter.giantfood.com/savory/
magazine.](https://recipecenter.giantfood.com/savory/magazine)

Steps:

Cut four 1½-inch-diameter circles from light brown paper. Let children draw turkey faces (two eyes, beak, wattle) on circles with pen or markers. Using glue stick, glue circles onto cups. Let dry.

Fill cups with chocolate candies. Cut 2- to 3-inch-long (½-inch-wide) strips from each remaining construction paper color.

Let children write what they are grateful for on the strips of paper, then insert them into the candy toward the back of the plastic cup to form tail feathers.



November Recipes

Instant Pot Fall Stew



Ingredients:
 2 tbsp. canola oil
 2 (6 oz.) pkgs sliced portabella mushrooms
 1 (16 oz.) pkg sliced baby Bella mushrooms or sliced white mushrooms
 1 (4 oz.) pg baby Bella, shiitake, and oyster mushrooms
 4 medium carrots
 2 tbsp. tomato paste
 4 cloves garlic, minced
 ¼ cup all-purpose flour
 1 (12 oz.) bottle dark beer or 1 ½ cups vegetable broth
 1 (14.4 oz.) pg frozen pearl onions
 1 (0.5 oz.) pkg Nature's Promise® Organic Thyme
 1 bay leaf

Steps:

Set the Instant Pot® to sauté on high and add the oil. Cut the sliced portabella mushrooms in half. To Instant Pot®, add portabella mushrooms and cook 5 min., until slightly softened. Stir in the baby Bella mushrooms and the mixed mushrooms.

Cook another 5 min., until mushrooms have released liquid and are beginning to brown. Season with salt and pepper.

Meanwhile, peel the carrots and cut into 2-inch pieces. Cut each piece in half lengthwise (quarter any larger carrots, if needed). When mushrooms are tender, stir in the tomato paste and garlic. Cook 1 min., until fragrant. Add the flour and stir to coat. Cook 1 min., stirring constantly. Add the beer and ½ cup water, scraping up any browned bits on bottom of pot. Turn off the sauté function. Stir in carrots, pearl onions, thyme, and bay leaf. Season with salt and pepper

Lock the lid and close the pressure release valve. Set Instant Pot® to pressure cook on high 8 min. When done, use the quick release method to release the pressure. Carefully remove bay leaf and thyme sprigs. Season with salt and pepper. Garnish with the parsley to serve.

Nutrition information CALORIES 245kcal 12% FAT 8.0g 12% SATURATED FAT 1.0g 5% CARBS 35.0g 12% SODIUM 136mg 6% 13.0g sugar 7.0g fiber 8.0g protein 0mg cholesterol. Source: Allrecipes.com



Pumpkin Pie



Ingredients:
 1 refrigerated ready-to-bake pie crust
 1 (14 oz.) can puréed pumpkin
 ¾ cup sugar
 1 tsp pumpkin pie spice
 ½ tsp salt
 2 large eggs
 1 cup heavy cream
 ½ cup whole milk

Steps:

Preheat oven to 350°F. Fit the pie crust into a 9-inch pie plate. Trim and crimp edges. Line with parchment paper and pie weights or dried beans. Bake 10 min. Carefully remove paper and weights. Bake another 5 min. Remove from oven and increase temperature to 400°F.

Meanwhile, place the pumpkin in a medium pot. Cook on medium-high 8–10 min., until beginning to look dry and slightly browned, stirring and scraping often. In a medium bowl, combine the sugar, pumpkin pie spice, and salt. Stir into pumpkin. Remove from heat.

In a medium bowl, beat the eggs, cream, and milk until well mixed and whisk into pumpkin mixture until smooth. Pour pumpkin filling into pie crust. Bake 35–40 min., until filling is just set. Cool completely on wire rack before serving.

Nutrition information CALORIES 276kcal 14% FAT 11.8g 18% SATURATED FAT 5.2g 26% CARBS 38.9g 13% SODIUM 287mg 12% 28.2g sugar 1.5g fiber 3.4g protein 62mg cholesterol. Source: Allrecipes.com

November Recipes

Pumpkin Latte Smoothie

Ingredients:

1 cup Nature's Promise® Organic Greek Nonfat Vanilla Yogurt
 ½ cup Nature's Promise® Organic 100% Pure Pumpkin
 ¼ cup old-fashioned rolled oats
 1 banana
 ¾ cup ice
 ¾ cup low-fat milk
 ½ tsp vanilla extract
 ½ tsp pumpkin pie spice, plus more to garnish, if desired

Steps:

Place all the ingredients in a blender and

purée until very smooth. Pour into 2 glasses and garnish with a pinch of pumpkin pie spice, if desired.

Tips

Freeze the banana ahead of time for a thicker, colder smoothie.

Nutrition information CALORIES 250kcal
 13% FAT 2.1g 3% SATURATED FAT 1.1g 5%
 CARBS 41.7g 14% SODIUM 79mg 3% 23.6g
 sugar 5.5g fiber 16.6g protein 11m cholesterol.

Source : [https://
 recipecenter.giantfood.com/savory/
 magazine](https://recipecenter.giantfood.com/savory/magazine).



Apple and Chicken Salad with Multigrain

Ingredients:

5 slices multigrain bread
 ¼ cup olive oil
 ½ cup pecans
 1 McIntosh or Gala apple
 1 (5 oz.) pkg mixed Italian-blend salad greens
 3 cups shredded rotisserie chicken
 ¼ cup Nature's Promise® Organic White Balsamic Dressing

Steps:

Set grill to medium. Brush the bread on both sides with the oil. Season with salt and pepper. Grill 2–3 min. per side, until very crisp and grill marks appear. Meanwhile, chop the pecans. Core and thin-

ly slice the apple. Place in a large bowl with the mixed greens, chicken, pecans, and dressing. Toss to coat.

Cut the bread into ½-inch cubes and add to salad. Toss to combine.

Nutrition information CALORIES 588kcal
 29% FAT 39.4g 61% SATURATED FAT 6.3g
 31% CARBS 31.9g 11% SODIUM 381mg 16%
 9.1g sugar 6.7g fiber 27.4g protein 60mg
 cholesterol.

Source: Source : [https://
 recipecenter.giantfood.com/savory/
 magazine](https://recipecenter.giantfood.com/savory/magazine).



November Recipes

Steamed Collards



Ingredients:

1 lb. collard greens
1 tbsp. canola oil
3 cloves garlic, crushed
1 cup chopped onions
½ cup water
½ tsp ground black pepper
1 thick lemon slice, quartered

Steps:

Wash collards thoroughly to remove all traces of sand. Remove tough center stalk. Chop into thin strips.

Heat oil in a large skillet over medium heat. Add garlic and onions and sauté just until

onions begin to wilt.

Add water and reduce heat to medium low. Add collards to skillet, pressing down to compact them, and cover with lid.

Cook 15 minutes or until tender. Stir in pepper. Garnish each serving with a lemon wedge.

Nutrition information CALORIES 69kcal 3% FAT 3.9g 6% SATURATED FAT 0.3g 2% CARBS 7.8g 3% SODIUM 13mg

Reference: [https:// main-streetfarms.com/.stewed-collard-greens-with-tomatoes/](https://main-streetfarms.com/.stewed-collard-greens-with-tomatoes/).

Horseradish & Rosemary Mashed Potatoes

Ingredients:

3 lbs. russet potatoes
¾ cup half & half
3 tbsp. unsalted butter, sliced and divided
1 cup reduced-fat sour cream
3 tbsp. prepared horseradish
2 tsp Worcestershire sauce
¼ cup chopped chives

Steps:

Peel and cut the potatoes into 2-inch chunks. Add potatoes and salt to a large pot of cold water and heat to a boil on medium-high. Reduce heat and simmer 15 min., until fork-tender.

Drain potatoes well and return to pot. In a

microwave-safe bowl, heat half & half and

2 tbsp. butter 30 sec.–1 min., until very warm. To pot with potatoes, add half & half mixture, sour cream, horseradish, and Worcestershire sauce.

With a potato masher, mash potatoes until smooth and creamy. Heat on low until potatoes are heated thoroughly, stirring constantly. Remove from heat. Top with remaining 1 tbsp. butter to melt and garnish with the chives to serve.

Nutrition information CALORIES 261kcal 13% FAT 11.0g 17% SATURATED FAT 7.0g 35% CARBS 35.0g 12% SODIUM 82mg 3%



Dijon-Roasted Brussels Sprouts

Ingredients:

2 tbsp. Dijon mustard
1 tbsp. maple syrup
1 tsp garlic powder
¼ cup olive oil
½ red onion
2 (12 oz.) pkgs halved Brussels sprouts

Steps:

Preheat oven to 400°F. In a large bowl, whisk the mustard, maple syrup, garlic powder, and oil to combine. Thinly slice the red onion and add to the mustard mixture,

along with the Brussels sprouts. Toss to coat. Spread vegetables in a single layer on a large baking sheet and roast 35–40 min., until sprouts are tender and caramelized, stirring halfway through.

Nutrition information CALORIES 144kcal 7% FAT 9.9g 15% SATURATED FAT 1.3g 7% CARBS 12.7g 4% SODIUM 142mg 6% 4.7g sugar 4.1g fiber 4.0g protein 0mg cholesterol.

Source: Allrecipes.com



November Recipes

Pear and Apple Pie

Ingredients:

1 lemon
 3 medium Granny Smith apples
 3 Bartlett or Bosc pears
 ½ cup packed brown sugar
 1 tbsp. cornstarch
 1 tsp cinnamon
 ¼ tsp ground ginger
 1 tbsp. grated fresh ginger
 1 (14 oz.) pkg refrigerated pie crust
 2 tbsp. milk
 1 tbsp. sugar

Steps:

Preheat oven to 350°F. Zest and juice the lemon. Peel, core, and slice the apples and pears. Toss the apples and pears with brown sugar, cornstarch, lemon zest, lemon juice, cinnamon, ground ginger, and fresh ginger until well-mixed.

Unroll one of the pie crusts and place it into

a 9-inch pie plate. Pour the fruit on top of the crust.

Using a sharp knife, cut the remaining rolled crust into 8 1-inch-wide pieces, trimming off the ends. Unroll the pieces and lay on top of the filling, leaving a 1-inch space between each piece. Overlap each piece to form a lattice. Secure the edges by pressing down onto crust with a fork. Trim off any excess dough.

Brush the crust with the milk and sprinkle the white sugar over the top. Bake for 50 min., or until crust is golden brown and filling is bubbling.

Nutrition information CALORIES 338kcal 17% FAT 13.0g 20% SATURATED FAT 4.9g 24% CARBS 55.8g 19% SODIUM 209mg 9% 23.0g sugar 4.6g fiber 2.1g protein 10mg cholesterol. Source: Allrecipes.com



Mini Cranberry Cheesecakes

Ingredients:

18 vanilla wafer cookies
 2 (8 oz.) pkgs cream cheese, softened
 1 ¼ cups sugar, divided
 2 tsp vanilla extract
 2 large eggs
 ½ (12 oz.) pkg fresh cranberries
 ½ cup Nature's Promise Naturals Cranberry Juice
 2 tsp orange zest

Steps:

Preheat oven to 350°F. Line 18 cups of 2 muffin pans with paper liners. Place 1 vanilla wafer in the bottom of each liner.

In the bowl of a stand mixer or with hand mixer, beat the cream cheese and ½ cup sugar until smooth and fluffy. Add the vanilla and beat in the eggs, one at a time, until just smooth. Divide the mixture among the

cups of the muffin pan, over the vanilla wafers. Bake 10 min., until set. Refrigerate to cool completely.

Meanwhile, in a medium pot, combine the cranberries, cranberry juice, orange zest, and remaining ¾ cup sugar. Heat to a boil on high. Reduce heat and let simmer 10 min., until cranberries pop and sauce has thickened, stirring often. Refrigerate to cool completely.

When ready to serve, spoon cranberry mixture onto each mini cheesecake.

Tags

Nutrition information CALORIES 185kcal 9% FAT 10.2g 16% SATURATED FAT 5.5g 28% CARBS 21.1g 7% SODIUM 107mg 4% 17.9g sugar 0.4g fiber 2.8g protein 54mg cholesterol.

Source: Allrecipes.com



Save The Dates! Upcoming Classes

Date	Class Description	Time	Cost
Sep. 11	Food Safety: Capture the Flavor Cooking with Herbs and Spices	11:30 am	Free
Sep. 24	Health Literacy– How to Talk to Your Doctor	11:30 am	Free
Oct. 2	Walk MD Event in Havre De Grace	11:30am	Free
Oct. 16	Nutrition Plus– Food as Medicine, Functional & Super Foods	11:30am	Free
Oct. 30	Food Safety– Food Dehydration	11:30am	Cost \$25.00
Nov. 6	Food Safety: Capture the Flavor Cooking with Herbs & Spices	11:30am	Free
Nov. 20	Healthy Cooking for Holiday– How to prepare Healthier version of favorite Comfort Foods !	11:30 am	Free
Dec.11	Nutrition Plus– Eating for Seasonal Self Care	11:30am	Free



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Contact the Faculty Extension FCS/Nutrition Educator for more information

Jennifer Dixon Cravens, MS email: jdixoncr@umd.edu

**University of Maryland Extension—Harford County Office
 3525 Conowingo Rd. | Suite 600 | Street, MD 21154 | 410-638-3255**

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