

Nutrition News

October 2018

National Eat Better, Eat Together Month

Research shows that the average American eats **1 out of 5** meals in their car! While families report eating **LESS than 5** meals together every week. Sharing a meal together not only promotes healthier eating, it also has amazing social, physical and emotional benefits that go beyond the plate.

Families eating together, often eat better. When families eat together they prepare more nutritious foods with a greater variety of ingredients. Celebrate family and bond over a healthy meal!

Tips to Increase Family Meals:

1. Make breakfast on the weekends where the whole family can help prepare and eat the meal.
2. Plan a **"No Excuses"** night. Everyone has dinner together, no matter what.
3. Plan meals and prepare ahead of time using a slow cooker or cooking on the weekends. This will save time from your busy night schedule.
4. Prepare recipes that are easy to make with simple ingredients.

Interesting Facts about Pumpkin

1. Pumpkin is really a squash.
2. Six of the seven continents can grow pumpkins
Antarctica is the only continent that they won't grow in.
3. Pumpkins are 90% water.
4. 80% of the pumpkin supply in the United States is available in October.
5. Pumpkins contain potassium and Vitamin A.
6. Over 1.5 billion pounds of pumpkin are produced each year in the U.S.
7. Each pumpkin has about 500 seeds.
8. The top pumpkin-producing states are Illinois, Indiana, Ohio, Pennsylvania and California.
9. Morton, Illinois calls itself the "Pumpkin Capital of the World."
10. There are more than 45 different varieties of pumpkin.

What's in Season?

Vegetables

Parsnips
Pumpkins
Brussel Sprouts
Beets

Fruit

Apples
Bananas
Raspberries
Pears

PUMPKIN PANCAKES RECIPE

Serves: 4



Ingredients:

1 1/2 cups milk
1 cup pumpkin puree
3 eggs
1.5 cups all-purpose flour
1 Tablespoon baking powder
1/2 tsp allspice
1 tsp cinnamon
1/4 tsp ginger
1/2 tsp salt

Instructions:

1. Stir all dry ingredients together, and add wet ingredients and stir.
2. Cook on stovetop on medium heat until done.
3. Top with your favorite seasonal fruit.



Jennifer Malchow, RDN, LDN
Corporate Dietitian
Arbor Management, Inc.
jmalchow@arbormgt.com

