

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN NOVEMBER



FRUIT » TANGERINES

HEALTH BENEFITS: Tangerines are a very good source of Vitamin C, a well-known antioxidant that supports the immune system.

SELECTION / STORAGE: Look for tangerines rich in color, semi-soft, and heavy for their size. They can be stored on the counter for one week or in the refrigerator for two weeks.

EATING / PREPARATION: Wash the fruit under cold water, peel, and enjoy raw at breakfast or as an afternoon snack. Remember when using whole segments in dishes to snip the center and gently squeeze to remove the seeds. They work well in fruit salads, or transform your muffin recipe using the zest of tangerines!

VEGETABLE » PUMPKINS

HEALTH BENEFITS: Pumpkins are loaded with Vitamin A and fiber — and they are low in calories too! The seeds are rich in Zinc, Manganese, Magnesium, and Phosphorus — all important for growth, bone support, and metabolism.

SELECTION / STORAGE: The best pumpkins for cooking are about 8-10 inches in diameter. Look for a firm, smooth uniform color, without bruises and cuts. Pumpkins are ripe when you knock and hear a hollow sound. Store in a cool dry area. If you will use the pumpkin within two weeks, it can be stored indoors.

EATING / PREPARATION: Pumpkins can be roasted, baked, boiled or microwaved. Wash, cut in half and scoop out the strings/seeds. Microwave pieces face down in a glass bowl with a few inches of water for 15 minutes or until soft/easy to scoop out. For a crunchy snack, seeds can be rinsed and roasted on a baking sheet at 170 degrees for 15 minutes. Pumpkin is great cooked and pureed, which can be added to pies, muffins, and breads.



ACTIVITY » TURKEY TROT

ACTIVITY: Thanksgiving is right around the corner, full of turkey, stuffing and of course pumpkin pie! But before sitting down to watch the big game, or take a big nap, why not get some activity in? Running is a wonderful way to get your heart pumping and body moving. It improves endurance, heart strength, and lung capacity. There are many Turkey Trots that you can sign up to participate in, or you can have your own with your family. Remember, it doesn't matter how far you go, as long as you go!