

Falling into Fall

October Recipe and Nutrition Box

Kids DIY Pumpkin Muffin



Ingredients

- Pumpkin muffins
- Red and green apples
- Sliver of carrot
- Sliver of raisin

Directions

From each apple, cut a slice from the side of the apple. Set flat and cut squared-off, tapered feathers. Cut a small beak from a thin slice of carrot. Make a slit in the end of a green grape and dab off excess moisture. Insert beak into grape. Poke small ends of feathers into muffin and set head on muffin, resting on the muffin paper. Once assembled, add tiny dot eyes with a small piece of raisin

Adapted from <http://www.parenting.com/article/pumpkin-turkey-muffins>

Orange Jack-O-Lantern Fruit Bowls

Ingredients

- 3 Medium Navel Oranges
- 1 cup Mixed Fruit

Directions

Slice off the tops of the oranges. Using a spoon, scoop out the pulp of the oranges. Cut out faces on each orange to resemble a Jack-O-Lantern. Fill each orange with mixed fruit and serve.



Adapted from <http://www.frugalcouponliving.com/orange-jack-o-lantern-cups/>

Mango Peach Strawberry Smoothie

Ingredients

- 1 ½ cups each mango chunks, frozen strawberries
- 1 cup fresh peach slices, 1 banana, 2 cups pineapple juice

Directions

Blend and serve immediately.



Adapted from <http://www.cookingclassy.com/2016/05/mango-peach-strawberry-smoothie>

Clementine Pumpkins



Sourced from www.fussy eater.com

Frankenstein Fruit Cups



Sourced from www.pinterest.com

Nutrition Note – October 2016

Fall into Healthy Eating

Keep your body well-nourished by falling into some healthy habits! Plan and prepare your meals and snacks in advance. Make a list of all you need to prepare healthy, well-balanced meals and snacks for school, work and home, before you go shopping. Use Canada's Food Guide as a helpful resource. To ensure you eat a balanced diet, include at least 2 food groups in a snack, at least 3 out of 4 food groups for breakfast, and all 4 food groups for lunch and dinner. Fall is harvest season and with it comes an abundance of fresh produce including pumpkins, carrots, beets, squash, and apples, each packed with vitamins and fibre! Buying produce in season ensures freshness and saves money. Keep washed and cut-up fruits and veggies ready to grab as a healthy recess and after school snack. Also, choose whole grains as much as possible. Fibre-rich foods help you feel full longer! Invest in a refillable water bottle to ensure you stay hydrated throughout the day. Life is busy but by planning ahead we ensure our overall health and wellness!