

Cafeteria Connection

OCTOBER 2023



Healthy Halloween

Halloween is an exciting time full of fun, costumes, and candy! However, you can still enjoy Halloween and be healthy and creative. Remember the tips below to feel happy and fab-BOO-lous on Halloween and while trick-or-treating!

Eat a nutrient-dense and filling meal before Halloween parties or before going trick-or-treating; this will help you from filling up on not-so-nourishing candy, which can make you feel sick and not-so-goodie!

Munch in moderation! Set a limit to how many treats you're going to eat. A sweet idea for a healthy Halloween is to have a piece of candy with fruit- for example, a fun-size dark-chocolate Hershey bar with an apple!

Get creative! Consider taking healthy treats to school Halloween parties, such as mandarin pumpkins, popcorn hands, broomstick pretzel bags, honey sticks, or gremlin granola bars!

Boost Your Mood By Going Apple Picking!

A great way to enjoy a crisp fall day and have fun is to visit an orchard and go apple picking! However, going on an apple picking adventure may have more health benefits than you think! Being outdoors and sun exposure is the most natural way for your body to get vitamin D, which is very important for healthy bones, teeth, and cells. Vitamin D prevents you from getting sick so easily! So, go apple picking this season and when you return to your cozy home, you can eat fresh, fiber-filled apples as snacks or bake a warm apple pie to enjoy with the ones you love most!



OCTOBER - APPLE

Apple Cinnamon Oatmeal

Servings: 5

INGREDIENTS

- 2 cups rolled oats
- 3 3/4 cups water
- 3 small sweet apples OR
- 2 cups apple pieces diced small
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cinnamon dash of nutmeg

- 1/4 cup plus 1-2 tablespoons brown sugar, adjust to taste
- Butter (a teaspoon or so for on top of each serving)

Optional:
chopped pecans (just a sprinkling for each bowl)

Instructions

1. Combine the oats, water, apples, cinnamon and nutmeg in a medium size saucepan. Bring to a boil over medium high heat, stirring occasionally.
2. As soon as it boils, reduce heat to low and simmer for just a few minutes, until the oats are soft and the apples are tender. Remove from the heat and add brown sugar to taste.
3. The sweeter the apples, the less brown sugar you will need. Scoop into serving bowls and top with butter and pecans if desired.

Enjoy!

October Holidays

- October 1 - World Vegetarian Day
- October 4 - National Cinnamon Roll Day
- October 4 - National Taco Day
- October 8 - National Pierogi Day
- October 9 - Columbus Day
- October 9 - Indigenous Peoples Day
- October 11 - Southern Food Heritage Day
- October 13 - World Egg Day
- October 14 - National Dessert Day
- October 17 - National Pasta Day
- October 20 - International Chefs Day
- October 21 - National Apple Day
- October 24 - National Food Day
- October 24 - National Jamaican Jerk Day
- October 26 - National Pumpkin Day
- October 31 - Halloween



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