

Have a Safe and Healthy Halloween!



October is **Child Health Month** and there is much we can do to celebrate. Try these ideas to create some fun memories for everyone!

- **Spend the day at the park!** Bring a frisbee, soccer ball, a kite and a blanket. Pack a picnic basket filled with your favorite sandwiches and a thermos of soup to share.
- **Engage in friendly competition!** Go bowling, miniature golfing or even play laser tag at your local arcade. These activities are fun for the whole family and get everyone moving!
- **Take a bike ride to your favorite local destination!** Bike rides are a great, low-cost way to bond with your kids. Instead of piling in the minivan, slap on those helmets and ride like the wind!

Use this website link to find out more ways to exercise as family on a daily basis: <http://ow.ly/5eayE>



Use these tips to make sure your family and friends are healthy and safe this exciting Halloween!

Looking for fun, safer ways to carve pumpkins?

- 🍂 **Use markers.** Let young children draw faces on pumpkins with washable markers. Leave the carving to an adult.
- 🍂 **Use a pumpkin cutter.** Try this website for some pumpkin carving advice: <http://www.youtube.com/watch?v=sX6OIhqFZ8o>
- 🍂 **Use candles with care.** To be extra safe, look for battery operated on-and-off lights that fit inside your pumpkin and simply flip the switch!

Fun alternatives to traditional Halloween candy:

- 🍂 Small, individually wrapped packs of pretzels, popcorn or trail mix.
- 🍂 School supplies such as Halloween themed pencils and erasers.
- 🍂 Cheap toys bought in bulk from a party supply store.
- 🍂 Party size bubbles.
- 🍂 Halloween themed stickers.

Share nutrient-rich snacks with your colleagues instead of sugary sweets! For access to numerous tasty and healthy recipe ideas try www.mealsmatter.org

MOVE OF THE MONTH

If you're looking for a great way to tone your butt, here is a challenging exercise you can do anywhere—even at the office!

The Bridge



1. Lie on your back with knees bent, feet on the floor, hip width apart.
2. Beginning with a pelvic tilt (tucking the hips), peel your spine off the floor one vertebrae at a time until you've created a diagonal line from the shoulders to the knees. (The heels should be directly under the knees at the highest point.)
3. Hold for a few counts, then slowly lower spine squeezing the butt so it is the last thing to touch the ground. Repeat 10-15 times.

RECIPE OF THE MONTH

Chocolate-Chip Walnut Pumpkin Bread

- 1 16oz. can of pumpkin puree
- 1½ cups of flour
- 1 cup white sugar
- 2 eggs
- ¼ cup canola oil
- ¼ cup water
- 1 tsp. baking soda
- ½ tsp. salt
- ¼ tsp. nutmeg
- ¼ tsp. all spice
- ¼ tsp. ground cinr
- ½ cup chocolate c (desired)
- ½ cup walnuts (more if desired)



Preheat oven to 375. Combine flour, sugar, baking soda, salt, and spices in a bowl. Mix well. In a separate bowl, mix oil, eggs, water, and pumpkin. Combine wet and dry ingredients in one bowl and fold in chocolate chips and walnuts. Pour into sprayed loaf pan and even out batter. Bake for 50-55 minutes until center is cooked and ENJOY! Pumpkin is high in Vitamin A and fiber!