



Celebrate National Apple Day



National Farm to School Month

Get involved this October with the Farm to School initiative. Farm to School helps build the community by uniting schools and local farms through the procurement of healthy local produce and education on nutrition and gardening. Below is a list of fun ways that the National Farm to School Network (NFSN) recommends getting involved:

- Visit a local farm with your family—this is a great way to get outside!
- Plant flowers or veggies in your garden or herbs in a small window box
- Visit a farmer's market and purchase some local produce to cook for dinner
- Sign-up for the National Farm to School e-newsletter

<http://www.farmtoschool.org/about/what-is-farm-to-school>
<http://www.farmtoschool.org/our-work/farm-to-school-month>
http://www.farmtoschool.org/Resources/F2SM_CelebrationToolkit.pdf

Written By: Tana McCoy, Dietetic Intern College of Saint Elizabeth

Mark Your Calendars...

October 1 - World Vegetarian Day
 October 6 - National Noodle Day
 October 11 - National Sausage Pizza Day
 October 12 - Columbus Day
 October 15 - Global Handwashing Day
 October 21 - National Apple Day
 October 25 - National Breadstick Day
 October 31 - Halloween



Pumpkin Season is Here!

Pumpkin is low in calories and high in fiber, Vitamin K, Vitamin C and potassium, and the seeds are full of healthy fats, magnesium, and zinc. So instead of throwing out the seeds from this year's Jack-o-lantern, try roasting them for a delicious and nutritious fall snack!

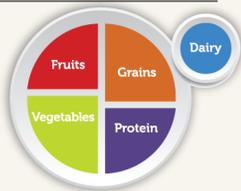
Written By: Kim Soliz, Dietetic Intern, NutraSource

Grab and Go Meals!

Check out Grab and Go meals available in your district!

Many districts are offering free meals to students regardless of their meal status. Meals are also available for remote learning days!

Visit your district's food services page for details or call Maschio's Food Services at 973-598-0005 for details!



National Noodle Day is October 6th!

Did you know that noodles were invented in China over 4000 years ago? Almost every culture in the world uses noodles in their cuisine. There are literally thousands of types of noodles in the world, and not only are they delicious, they are very versatile! They can be served hot, cold, boiled, baked, fried, in soups, as a side dish or as a main dish. Noodles are usually made from a dough made of wheat flour, but can also be made from rice flour, mung bean flour and buckwheat flour, to name a few.



A one cup serving of whole wheat spaghetti noodles contains 176 calories, 7.6 grams of protein and 4 grams of fiber, is low in sodium and cholesterol and it is a great source of B vitamins and iron. Noodles are also easy to prepare and can be ready in minutes, so try out some new noodle recipes this month!

Written By: Kim Soliz, Dietetic Intern, NutraSource

Roasted Pumpkin Seeds

Ingredients:

1 ½ cups fresh pumpkin seeds, cleaned of excess pumpkin and dried
 2 teaspoons melted butter, olive oil or butter substitute
 Salt

Optional: garlic powder, cayenne pepper, or Cajun seasoning.

Directions:

- 1) Preheat oven to 300 degrees
- 2) Toss cleaned and dried pumpkin seeds with melted butter or oil in a bowl, along with seasonings of your choice
- 3) Spread seeds in a single layer on a baking sheet
- 4) Bake for 35-45 minutes, stirring occasionally, until golden brown
- 1) Let seeds cool and enjoy!

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