

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



Eat Better, Eat Together:

Better



At the table a person is more likely to eat more fruit and vegetable intake when socializing. Eating together is better on lowering stress, communication, keeping a brain sharp, and on overall consumption of fruit and vegetables higher. Another person sitting at the dinner table with you is better.

Weekly Challenge:

Invite a neighbor over for dinner!



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz

Eat Better, Eat Together:

Month



October is the National Eat Better, Eat Together Month. This is celebrated all over the United States and would be fabulous if you would join in it. This month is served in many ways by bringing families closer together to talk, create joy cooking, and allowing for more involvement in the communities lives including yourself.

Weekly Challenge:

Invite extended family for a get together!



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Eat Better, Eat Together:

Habits



Eating together tends to promote certain eating habits such as slowing down when eating, relaxing and enjoying quality time together, and building confidence in others.

Adapted from: <https://www.stanfordchildrens.org/en/topic/default?id=why-the-family-meal-is-important-1-701>

Weekly Challenge:

Write down what is important to you at dinner, such as time together and share with a friend.



Photo courtesy of Pixabay.com

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Eat Better, Eat Together: Squash Health Benefits

Squash has many vitamins and minerals that help our body in different ways such as magnesium, calcium and iron. It is also a good source of vitamins A, C, and beta carotene which are good for the immune system, growing and repairing cells, and both our eyes and skin.

Squash is high in vitamin B6 which can be helpful in regulating blood glucose, therefore helping with diabetes. Since it is high in fiber it is good for our digestion too! Squash may also help to prevent some diseases such as cancers!

Weekly Challenge:

Add a type of squash you don't normally eat into your meal.



Photo courtesy of welcometothetable.coop

Information adapted from webmd.com

Eat Better, Eat Together: Fall Fruits and Veggies

There are many things that are ready to be harvested in the fall, both fruits and vegetables! For fruits, there are apples, cranberries, raspberries, pears and grapes, among many vegetables including squash, pumpkin, sweet potatoes and potatoes, bell peppers, green beans, and beets. All of these things can be found at the farmer's market and grocery store to be used in meals or frozen for later use! It is good to be aware of this for meal planning!

Weekly Challenge:

Make a meal using in-season fruits and vegetables.



Photo courtesy of pixabay.com

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Eat Better, Eat Together: How to add Squash to your diet

Squash can be added into your diet in many different ways since there are several varieties of squash to choose from! Spaghetti squash could be used as noodles in spaghetti or other casseroles as well as zucchini if it is shredded. Other options include baking, grilling, sauteing, or roasting squash as a side. Squash could be stuffed with other ingredients and served as a main dish too! Zucchini could also be used in bread or muffins! Butternut squash soup— Yum!

Weekly Challenge:

Try a new recipe with squash!



Photo courtesy of healthyfitnessmeals.com

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Eat Better, Eat Together:

What is a simple way to eat better?

Preparing food at home is one of the easiest ways to consume a healthier plate! Restaurant food often contains hidden sugar, salt, and fat.

Try substituting a restaurant gathering for an in-home gathering.

Utilize fresh foods and spices to yield delicious flavors!

Weekly Challenge:

Purchase food from a farmer's market to feature at a gathering!



Pixabay.com

Eat Better, Eat Together:

How can we better enjoy the togetherness of meal time?

- ◆ Eat at the table
- ◆ Put electronics away
- ◆ Include the whole family/friends
- ◆ Ask thoughtful questions
- ◆ Encourage healthy habits

Weekly Challenge:

Plan a sit-down dinner this week.



Pexels.com

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Chloe Kom 10-22

Eat Better, Eat Together:

Gather each other's input!

It is easier to build healthy habits together than alone! Ask family and friends if they have any healthy habits they'd like to adopt. Share your goals and encourage one another! It could be as simple as incorporating another serving of fresh vegetables each day or avoiding snacking while watching television.

Weekly Challenge:

Exchange a healthy goal and check in with your partner!



Pixabay.com

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Healthy Breakfast Ideas for Fall

Why Eat a Healthy Breakfast?

Breakfast gives you the opportunity to begin your day with a healthy and nutritious meal.



Photo courtesy of Pixabay.com

Individuals who eat breakfast tend to:

- Consume more vitamins and minerals
- Control weight
- Control blood sugar

What Does a Healthy Autumn Breakfast Look Like?

- Whole grains—oats, quinoa, and rice
- Protein—eggs, cod, haddock, lean meat, and nuts
- Fruits and Vegetables—beans, squash, pumpkins, apples, and pears

Healthy Lunch Ideas for Fall

Why Eat a Healthy Lunch?

Lunch is an important meal for everyone! It provides energy and nutrients to keep the body and brain functioning efficiently throughout the afternoon. Some benefits to eating a nutritious lunch are:



Photo courtesy of Pixabay.com

- ◇ Provides energy to stay alert throughout the day
- ◇ Helps regulate blood sugar
- ◇ Prevents overeating later in the day

Weekly Challenge:

Combine grains with root vegetables, legumes, and a side of green vegetables to make a macro bowl!

Healthy Fall Meals

- Spaghetti Squash Alfredo
- Squash and Spinach Lasagna

For the recipe and directions go to goodhousekeeping.com

Healthy Snack Ideas for Fall

What Makes a Healthy Snack?



Photo courtesy of Pixabay.com

Fruits and vegetables are good choices for healthy snacks. They are full of vitamins and low in calories and fat. Some whole-wheat crackers and cheeses can also make great snacks.

Examples of healthy snacks:

- Carrots
- Nuts
- Pumpkin seeds

Weekly Challenge:

Limit “junk-food” snacks and put snacks in small containers or bags.

Factors to Consider

- Limit foods and drinks that contain added sugar
- Pairing a protein with a carbohydrate will help you feeling full until the next meal .

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