



# Take a NOURISH Step!

## October: Food, Family & Stories: Celebrating October Together

October is the perfect time to come together around the table!

As we celebrate *Eat Better, Eat Together* Month, *Intergenerational* Month, and *Cookbook* Month, let's share healthy meals, swap favorite recipes, and pass down food traditions that nourish both body and connection.

Check out our Eat Well, Age Well Cookbook <https://gwaar.org/eat-well-age-well> and visit our NOURISH Step website for recipes & cooking videos <https://gwaar.org/nourishstep>

It's also **Pumpkin, Apple, and Corn Month**—the flavors of the season that inspire comforting meals and festive treats. Maybe you can visit a local orchard or make a recipe together. Some of my favorite and most cherished memories are cooking with my mom, grandma, and grandchildren.

With *National Storytelling Weekend* on October 3–5, it's the ideal moment to blend good food with great stories and create memories.

### October is Pumpkin, Corn, and Apple Month!

**Pumpkin** boosts eye health and immunity with vitamin A, plus has fiber & antioxidants to keep you full & healthy.

**Corn** is a good source of fiber for healthy digestion, B vitamins to keep your energy up, and lutein and zeaxanthin to help protect your vision.

**Apples** have fiber for heart and gut health, along with vitamin C and antioxidants to give your immune system a boost. Plus, apples may help support healthy cholesterol and blood sugar levels. *Enjoy one every day!*



### NOURISH Step Fall Healthy Baking Substitutions

Give your favorite fall recipes a nutritious twist without sacrificing flavor!

**Applesauce Swap:** Replace half of the butter or oil with unsweetened applesauce for a lighter texture and fewer calories. You can replace all of the fat with applesauce—just expect a denser texture. Reduce other liquids slightly if batter seems too thin.

**Pumpkin Purée Swap:** Replace half to all of the fat with 100% pure pumpkin purée in baked goods like muffins, quick breads, brownies, and pancakes. Adds natural sweetness, moisture, fiber, and vitamin A.

**Tip:** *Both swaps work best in recipes that have plenty of flavor from spices, cocoa, or fruit.*

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

For more information visit: [gwaar.org/nourishstep](https://gwaar.org/nourishstep)

October FUN Days!

10/9: Post Card Day

10/15: "I Love Lucy" Day  
Chat about your favorite episodes.

10/23: Johnny Carson's Bday.

Reminisce about the Tonight Show

10/31: Nat'l Knock, Knock Jokes Day

More at [brownielocks.com](http://brownielocks.com)

# Simple Baked Apple Recipe



## Ingredients

- 1 Baking apple, such as Honey Crisp, Fuji, Pink Lady, or Granny Smith or your favorite!
- 1/2 to 1 tablespoon brown sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg, or to taste
- 1 teaspoon butter (*Substitute light or whipped butter/margarine for fewer calories and less fat*)



## Directions

1. Core apples, leaving the bottom intact.
2. Mix brown sugar, cinnamon, and nutmeg together in a bowl. Spoon half of the sugar mixture into each apple.
3. Put the butter on each top and place apples in a deep, microwave-safe dish and cover.
4. Microwave until tender, 3 ½ to 4 minutes. Let apples sit for 2 minutes before serving.

## Notes

**Increase Protein** with nuts or seeds and/or increase potassium & fiber with dried fruit if you like.

Recipe adapted from <https://www.allrecipes.com/recipe/18389/microwave-baked-apples/>

## Ways to Use Leftover Pumpkin Puree

- **Baking:** Add to muffins, quick breads, pancakes, or brownies for extra moisture and natural sweetness.
- **Smoothies:** Blend with banana, yogurt, and warm spices for a fall-inspired drink.
- **Soups:** Stir into creamy soups or chili for added richness and nutrition.
- **Oatmeal:** Mix into morning oats with cinnamon, nutmeg, and a drizzle of maple syrup.
- **Sauces & Dips:** Make a pumpkin pasta sauce or a spiced pumpkin dip for crackers and fruit.
- **Frozen Treats:** Combine with yogurt, spices, and a little sweetener for a pumpkin popsicle or frozen yogurt.



# Knock-Knock Jokes



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| <ul style="list-style-type: none"> <li>• <b>Knock, knock!</b> <ul style="list-style-type: none"> <li>◦ Who's there?</li> <li>◦ Orange.</li> <li>◦ Orange who?</li> <li>◦ Orange you glad it's almost Halloween?</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <b>Knock, knock!</b> <ul style="list-style-type: none"> <li>◦ Who's there?</li> <li>◦ Pie.</li> <li>◦ Pie who?</li> <li>◦ Pie really love you.</li> </ul> </li> </ul> |
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## Hydration Tip: Apple Water or Tea

- **Apple-Infused Water:** Slice fresh apples and add them to a pitcher of water. Let it sit in the fridge for a few hours for a naturally sweet, refreshing drink. You can also add cinnamon sticks for extra flavor.
- **Apple Tea:** You can brew apple-flavored tea using dried apple pieces, apple tea bags, or by simmering fresh apple slices with cinnamon and a bit of honey. It's warm, cozy, and perfect for fall.



**If you want more pep, take a NOURISH Step!**

For more information visit: [gwaar.org/nourishstep](https://gwaar.org/nourishstep)

GWAAR Nutrition Team Pam VanKampen, RDN, CD 10/25

