



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

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

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



• Knock, knock!

- Who's there?
- Orange.
- Orange who?
- Orange you glad it's almost Halloween?

• Knock, knock!

- Who's there?
- Pie.
- Pie who?
- Pie really love you.

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!

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