



Take a NOURISH Step!

November: Nourishing Connections: Celebrating Food, Family, and Culture

November FUN Days!

11/2: Cookie Monster Day

11/10: Sesame Street Day

Chat about your
favorite
characters.

11/15: Clean out your Fridge Day

Find Tips
from the CDC at
this link

<https://www.cdc.gov/foodsafety/pdfs/5-Steps-to-Clean-Your-Refrigerator.pdf>

11/18: Mickey Mouse Day!



More at
brownielocks.com

As we honor Diabetes Awareness Month, Native American Heritage Month, Family Stories, and Caregiver Month, we celebrate the powerful connection between food, family, and culture. From managing diabetes to embracing Native traditions and recognizing the vital role of caregivers, each story reminds us that nourishment is more than what's on our plate—it's how we connect, support, and sustain one another.

For centuries, Indigenous people across Wisconsin have viewed food as both nourishment and medicine, relying on traditional diets rich in nutrients, vitamins, and minerals from the land and water. Foods such as fish, wild game, berries, and especially wild rice—long harvested by tribal communities—provided vital nutrients like magnesium that support heart and metabolic health. Traditional practices like growing the “Three Sisters” (corn, beans, and squash) also reflected a deep understanding of balance, sustainability, and nutrition. You can view a 5 minute video for a simple, Three Sisters Soup at this link.

<https://youtu.be/E0lKTuj2tZc?si=sWEnAnlrqg77YKKS>

Today, with heart disease and diabetes ranking among the leading causes of death for Native Americans, these ancestral diets remind us of the powerful link between traditional foods and lifelong wellness—truly illustrating that “food is medicine.” We applaud and acknowledge the outstanding efforts in the state to reintroduce traditional foods!

Recipe Websites that can Help you Take a NOURISH Step!



Diabetes Recipe Hub <https://diabetesfoodhub.org/recipes>

Native American Recipes <https://www.firstnations.org/knowledge-center/recipes/>

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



Sweet Potato Baking Tips



November is also Sweet Potato Month!

Mashed sweet potato can replace pumpkin purée, mashed banana, or part of the fat in muffins, quick breads, pancakes, and cookies.



1. Choose the right potatoes:

Use orange- or red-skinned sweet potatoes — they're naturally sweet and moist, ideal for baking.



2. Roast, don't boil (if possible):

Roasting concentrates flavor and sweetness by reducing water content. Boiling can make the mash watery, which may affect baking texture.



3. Cool before mixing:

Let the mashed sweet potatoes cool before adding to batters. Adding them hot can melt butter or curdle eggs.



4. Adjust liquid and sugar:

Mashed sweet potatoes add both moisture and natural sweetness, so you can usually reduce added sugar and liquid (milk, oil, etc.) by about ¼.



5. Measure carefully:

Recipes typically refer to mashed, not whole sweet potatoes — about 1 cup mashed equals 1 medium potato.



6. Enhance with warm spices:

Cinnamon, nutmeg, ginger, and allspice complement the flavor beautifully.



7. Combine with fats for tenderness:

Sweet potatoes work best in baked goods that include some fat (butter, oil, or yogurt) to keep the crumb soft and prevent gumminess.

Sesame Street

Unscramble the word and name the beloved Sesame Street character.

1. OMLE _____
2. IGB DIRB _____
3. CKOEIO ROSETMN _____
4. GOERVR _____
5. IENER _____
6. TERB _____
7. SAOCR HTE UHGRCO _____
8. IMEKRT _____
9. MSSI YPGGI _____



Hydration Tip: Apple Cider

Nov. 18th is Apple Cider Day!

Many of us love apple cider this time of year, either hot with a cinnamon stick or cold. Just a reminder to be safe when drinking it. Buy pasteurized cider and store it in the fridge at or below 40°F. Freeze it for longer storage.

Unpasteurized cider, even if refrigerated, can contain harmful bacteria and should be avoided, especially by children, the elderly, pregnant women, and those with weakened immune systems.

Word Scramble Answers

1. Elmo 2. Big Bird 3. Cookie Monster 4. Grover 5. Ernie 6. Bert 7. Oscar the Grouch 8. Kermit 9. Miss Piggy



Greater Wisconsin
Agency on Aging Resources, Inc.

If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

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