LANE COUNTY 4-H PRESENTS...

Health for Better Living!

A JOURNAL DEDICATED TO HELPING YOU LIVE HEALTHILY AND HAPPILY.

Fall, the perfect time for...Vegetables!

Vegetables can be beneficial to your body in many ways. They can reduce the risk of heart disease and stroke, and prevent some types of cancer; they provide vitamins, minerals, and fibers; and vegetables can help maintain a healthy weight. Dark green, red and orange, and legumes are the most nutritious vegetables for your body, so it's important to eat these weekly!

CHOOSE VEGETABLES!

Let's Get Fit!

October is a great month to go outside for exercise; it's not too hot and it's not too rainy! Take time during your week to go kick a soccer ball around, or go for a walk around your neighborhood. Take in the fresh air, and check out all the different colors of leaves!

Monthly Munchie:

Breakfast Pumpkin Cookies!

Ingredients:

1 3/4 cups cooked, pureed pumpkin
1 1/2 cup brown sugar
2 eggs
1/2 cup oil
1 1/2 cups flour
1 1/4 cups whole wheat flour
1 Tablespoon baking powder
2 teaspoons cinnamon
1 teaspoon nutmeg
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 cup raisins
1 cup walnuts or hazelnuts, chopped

Directions:

1. Preheat oven to 400 degrees F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoon on greased baking sheet, 1 inch apart.
6. Gently flatten each cookie.
7. Bake 10-12 minutes until golden brown.

Health Challenge!

Tell us what vegetables you like to eat!
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