



Harrington HealthCare Food & Nutrition Department

Fall Nutrition Newsletter



Welcome to Fall! The new season brings changes in weather as well as back to school time. The change in weather also brings new opportunity to improve our diets by increasing the amount of fruit and vegetables we eat.

Fruits and vegetables are high in vitamin C (helps boost our immune system), high in vitamin A (helps keep our eyes and skin healthy), as well as high in fiber (helps prevent certain types of cancer and reduce the risk of heart disease).

Fruits in season this time of year are:

- apples
- pears
- peaches
- grapes

Vegetables in season are:

- pumpkins
- bell peppers
- onions
- carrots
- butternut squash
- acorn squash



Spend The Day at a Farm!

Many area farms have “Pick Your Own” fruit and vegetables.
Enjoy some local produce from some of these area farms:

Abbot Tree Farm – Charlton, MA

Cooks Farm Orchard – Brimfield, MA

Breezlands Orchard – Warren, MA

Obadiah McIntrye Farm Winery and Charlton Orchards
– Charlton, MA

Dumas Farm – Oxford, MA

Honeybee Orchards – West Brookfield, MA

Brookfield Orchard – North Brookfield, MA

Hawks Hill Orchard – Millbury, MA

Echo Hill Orchards & Winery – Monson, MA

Find other area farms at:

http://www.mass.gov/agr/massgrown/apple_py0.htm



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It's important for everyone to get enough fruits and vegetables every day. But how much do you need?

Follow these charts for recommendations:

Women		
AGE	FRUITS	VEGETABLES
19-30	2 CUPS	2 ½ CUPS
31-50	1 ½ CUPS	2 ½ CUPS
51+	1 ½ CUPS	2 CUPS

Men		
AGE	FRUITS	VEGETABLES
19-30	2 CUPS	3 CUPS
51+	2 CUPS	2 ½ CUPS

Girls		
AGE	FRUITS	VEGETABLES
2-3	1 CUP	1 CUP
4-8	1 CUP	1 ½ CUPS
9-13	1 ½ CUPS	2 CUPS
14-18	1 ½ CUPS	2 ½ CUPS

Boys		
AGE	FRUITS	VEGETABLES
2-3	1 CUP	1 CUP
4-8	1 ½ CUPS	1 ½ CUPS
9-13	1 ½ CUPS	2 ½ CUPS
14-18	2 CUPS	3 CUPS

Some ways to increase fruit and vegetable intake:

For kids:

- Add banana, raisin, or blueberries to your child's favorite breakfast cereal, waffles, or pancakes.
- Add a thermos of vegetable soup to their lunchboxes
- Add chunks of fruit (fresh or canned) to low-fat yogurt

For adults:

- Purchase precut fruits and vegetables to make it easier to "grab and go"
- Munch on cut vegetables while cooking dinner to help decrease hunger while limiting calories
- Add frozen vegetables to soups, stews, and stir-fry





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Get out and about!! The fall brings gorgeous days of crisp air and beautiful colors. Enjoy some physical activity by attending a special event or going to a local park. Here are some ideas for everyone to enjoy:

Local Happenings:

Walktober – 2011

October 1, 2011 to October 29, 2011
Location: The Last Green Valley
111 Main Street, Danielson, CT
Website or Map: <http://www.tlgv.org>
Phone: 860-774-3300

Harvest Party

October 7, 2011 from 6pm to 9pm
Old Sturbridge Village
1 Old Sturbridge Village, Sturbridge, MA
Website or Map: <http://www.osv.org>
Phone: 508-347-3362

33rd Annual Apple Country Fair

October 8, 2011 from 10am to 4pm
Brookfield Town Common
Brookfield, MA
Website or Map: <http://applecountryfair.com/>
Phone: 508-867-9553

Doo Wop Murder Mystery Dinner Theater

October 12, 2011 from 6pm to 10pm
Publick House Historic Inn
Main Street (Rte. 131), Sturbridge, MA
Website or Map: <http://www.habitatmwgw.org>
Phone: 508-799-9259

Magic Show by Scott Jameson at Jacob Edwards Library

October 15, 2011 from 11am to 12pm
Jacob Edwards Library
236 Main Street, Southbridge, MA
Website or Map: <http://jacobedwardslibrary.org/>
Phone: 508-764-5426

22nd Annual Harvest Festival

October 15, 2011 to October 16, 2011
Sturbridge Common, Publick House Historic Inn
RT 131, Main Street, Sturbridge, MA
Phone: 508-347-2761

Local Hiking Areas:

Blackstone River and Canal
Heritage State Park
287 Oak St.
Uxbridge MA 01569
508 278-6486

Purgatory Chasm State Reservation
198 Purgatory Rd.
Sutton MA 01590
508 234-3733

Wells State Park
Rte. 49
159 Walker Pond Rd.
Sturbridge MA 01566
508 347-9257

Spencer State Forest
51 Howe Rd.
Spencer, MA
508 886-6333

Connecticut River Greenway State Park
136 Damon Rd.
Northampton, MA
413 586-8706 ext. 12



**Check out these websites for more great
activities:**

<http://cmschamber.ning.com/>

<http://www.mass.gov/dcr/index.htm>



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Halloween is just around the corner. Try one of these healthy options to give out to Trick-or-Treaters this year...

- Robert's Pirate brand snacks in 1oz bag
 - Pirate's Booty, Smart Puffs, Potato Flyers, Original Tings
- Fruit Roll-Ups brand Simply...Fruit Rolls (wild berry flavor)
- Nature's Valley brand low fat granola bars
- Snyder's of Hanover brand snacks in 1oz bag
 - Pretzels
 - Garden Veggie crisps
 - Garden Veggie sticks
- Stretch Island Fruit Company brand
 - All natural fruit strips (assorted flavors)
 - FruitaBu fruit rolls
- Food Should Taste Good brand snacks in 1.5oz bag
 - All Natural Chips (Multigrain, Sweet Potato, Blue Corn) ***Now available in the cafeteria**



Pumpkin Spice Cookies (makes 56 cookies)

Courtesy of AllRecipes.com

Website: <http://allrecipes.com/Recipe/1-pumpkin-spice-cookies/detail.aspx>

Prep Time: 15 Min / **Cook Time:** 12 Min / **Ready In:** 28 Min

Ingredients

- 2 1/2 cups all-purpose flour
- 1 cup rolled oats
- 4 teaspoons baking powder
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 2 tablespoons butter
- 1 1/3 cups light brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 (15 ounce) can pumpkin
- 1/2 cup apple butter
- 1 cup chopped walnuts

Directions

1. Preheat an oven to 375 degrees F (190 degrees C). Grease 2 baking sheets.
2. Stir the flour, oats, baking powder, cinnamon, nutmeg, pumpkin pie spice, ginger, and salt in a bowl.
3. Beat the butter and brown sugar with an electric mixer in a large bowl until smooth. Add 1 egg and allow it to blend into the mixture before adding the other along with the vanilla. Add the pumpkin and apple butter; continue beating. Mix in the flour mixture until just incorporated. Fold in the walnuts, mixing just enough to evenly combine. Drop spoonful of the dough 2 inches apart onto the prepared baking sheets.
4. Bake in the preheated oven until the edges are golden, about 12 minutes. Allow the cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely.

Nutritional Information:

Servings per recipe: 56

Amount per serving:

Calories: 74 / Total Fat: 2.2gm / Cholesterol: 9mg / Sodium: 71mg / Total Carbs: 12.6gm / Dietary Fiber: 0.7gm / Protein: 1.4gm