October Family Newsletter

Choosing Healthy Habits Day Planner Theme: Vary Your Veggies & Vary Your Steps

Try to vary your fruit and veggie colors since each type has different nutrients and vitamins. Having a variety of fruits and veggies can make your snack/meal more interesting and delicious. Likewise, try to vary your steps or ways that you participate in aerobic activities. This will keep you motivated and help you explore different sports and recreation activities.

*Check out page 65 in the *Choosing Healthy Habits* day planner for more on how to vary your veggies and steps.

National Healthy Habit Celebrations:

✔ Health Literacy Month

✔ National Family Health Month

✔ National Farm to School Month

✔ International Walk to School Month

Set a goal!

Healthy Habit Challenge!

Set a goal to reach one hour of daily moderate-intensity activities this week with your family.

Harvest of the Month: Zucchini

Fun Facts

✔ Zucchini is a good source of potassium and vitamin C.

✔ One cup of sliced zucchini contains 20 calories, no fat and 1 gram of fiber.

Buying Tips

✔ Select small to medium-sized zucchini for the best flavor.

✔ Choose zucchini with bright-colored, shiny skin.

✔ Store zucchini in the refrigerator for one week.

Zucchini Patties

Ingredients:
- 4 medium zucchinis
- 2 eggs
- ½ cup chopped onion (1 small onion)
- ¼ cup chopped herbs (optional)
- ¼ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ cup grated reduced-fat parmesan cheese
- 2 tablespoons oil
- Reduced-fat sour cream or fresh lemon (optional)

*Makes 15 servings. For more information, click here!

Instructions:
1. Grate zucchini into a large bowl.
2. Squeeze liquid out of zucchini.
3. Add eggs, onion, fresh herbs, flour, baking powder and cheese. Stir to combine.
4. Heat oil in a skillet over medium high heat. Drop zucchini mixture into skillet. Gently flatten with a spatula.
5. Cook zucchini patty a few minutes on each side, until lightly brown.
6. Serve with reduced-fat sour cream or a squeeze of fresh lemon. Refrigerate leftovers.