

Health, Nutrition & Wellness

"Solutions In Your Community"

IN THIS ISSUE:

Article	Pg
Mental Health Tips for Fall	3
Build A Better Lunch Box!	7
Fall Immunity Tips	10
Fall Food Safety Tips	13
Fall Financial Tips	16
Practicing Preventative Care	20-21

RECIPES

Each issue includes healthy recipes! Inside this issue:

English Muffin Pizzas

Pancakes with Blueberry Compote

Tortilla Soup

Stuffed Bell Peppers

Chicken Dill Noodle Soup

And many more!

Family & Consumer Sciences

Welcome to the latest edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach.

Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Health Nutrition, Wellness,

Fitness Chronic Disease Prevention, and Management Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Literacy & Communication and Food Safety.

Complied and adapted by: Faculty Extension FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



The Benefits of Fall Produce

Many fall produce items are packed with vitamins and minerals, such as beta-carotene in pumpkins and iron in spinach, to support health during colder months.

Apples: Crisp and flavorful, apples are in peak season and perfect for both sweet and savory dishes.

Pears: Juicy and versatile, pears can ripen after harvesting and are great in desserts or as a charcuterie board addition.

Cranberries: Tart and nutrient-dense, they pair well with meats and poultry.

Grapes: At their peak of sweetness, they are a perfect

on-the-go snack or part of a meal.

Root Vegetables:-

Sweet Potatoes: Rich in vitamin A, fiber, and potassium.

Carrots: The cooler weather sweetens them, making them more delicious for fall meals.

Parsnips: A flavorful root vegetable with a sweet and earthy taste.

Dark green leafy greens like Spinach— Rich in provide iron, and strengthening the immune system .

Reference: [comhttps://www.delish.com/food/a28072385/best-fall-fruits-vegetables/](https://www.delish.com/food/a28072385/best-fall-fruits-vegetables/).



Back to School Themes

7 Ways to Prep for Back-to-School Meals



Ways to Prep for Back-to-School Meals:

Back-to-school season often comes with busy schedules, making it essential for families to prepare nutritious meals in advance. Effective meal prepping not only saves time but also ensures children have balanced and energizing foods to support their learning and development.

Plan Weekly Menus Creating a weekly meal plan reduces last-minute stress and ensures that meals include a variety of fruits, vegetables, whole grains, and lean proteins. Research shows that meal planning is associated with improved diet quality and healthier food choices.

Batch Cooking and Freezing Preparing large portions of staples such as soups, casseroles, and pasta sauces can help families quickly assemble lunches and dinners. Batch cooking has been linked to more consistent healthy eating habits.

Pre-Portion Snacks Having ready-to-go snack packs with items like cut fruit, veggie sticks, cheese, or whole-grain crackers helps children grab nutritious options quickly. Studies suggest that

availability of pre-prepared healthy snacks improves children's diet quality (

Use Lunchbox-Friendly Containers Investing in reusable, compartmentalized containers helps parents portion out balanced meals with ease while maintaining freshness. Proper storage also reduces food waste, an important factor for both health and sustainability (FAO, 2019).

Involve Children in Preparation Encouraging kids to participate in selecting and preparing meals fosters healthy eating habits and food literacy. Research indicates that children who help prepare meals are more likely to try and enjoy a wider range of healthy foods (Van der Horst et al., 2014).

References:

Ducrot, P., Méjean, C., Bellisle, F., & Hercberg, S. (2017), (FOA, 2019).



Back to School Theme

How to Build a Better Lunch Box!



Balance the Food Groups

Aim for one serving from each of the main food groups: fruits, vegetables, whole grains, lean protein, and dairy. This helps ensure sufficient vitamins, minerals, fiber, and energy. Follow plate / box models (e.g. “half veggies/fruit, quarter whole grain, quarter protein

Include Color & Variety

Use several kinds of fruits and vegetables, especially those with different colors (red, green, orange, etc.). This boosts micronutrient diversity and visual appeal.

Vary the types of protein and whole grains. Rotate between meats, legumes, yogurts, eggs, fish, etc. Whole grain breads, brown rice, and whole-grain pastas are better choices than refined ones. **Focus on Nutrient-Dense Choices, Limit “Discretionary” Foods**

Reduce foods high in added sugars, saturated fat, and sodium (e.g. sugary drinks, processed snacks). Emphasize lean proteins, dairy or fortified alternatives, fresh fruits & vegetables.

Food Safety & Storage

Use insulated lunch boxes or containers, plus freezer packs, to keep perishable items cool.

Cool cooked foods before packing, especially when storing overnight

Preparation & Planning

Plan lunches ahead (weekly menu), shop accordingly, prep parts (wash/chop produce, cook proteins) to avoid rushing in the mornings.

Let children help pick or assemble parts—they are more likely to eat what they helped choose or prepare.

Make Meals Appealing

Use fun or visually appealing packaging: color, shapes, variety, maybe dips for veggies or fruit. Bite-sized pieces, familiar + new items mixed.

Use divided or compartmentalized containers so items stay separate and fresh.

Monitor Nutrient Gaps & Adjust

Studies show many children’s lunch boxes are low in fiber, vitamins A, C, calcium, and sometimes protein; while high in saturated fat and added sugar. Use this knowledge to tweak components. Interventions (programs that teach parents, provide guidelines) have been shown to modestly increase vegetable packing in children’s lunchboxes.

References: <https://doi.org/10.1186/s12966-019-0798-1> , <https://nutritionsource.hsph.harvard.edu/kids-healthy-lunchbox-guide> .





September Themes

Suicide Prevention Month

You are not alone.
Caring call specialists
available 24/7.

Call or text 988

ALWAYS CONFIDENTIAL.
ALWAYS AVAILABLE.

Take time to remember the lives lost to suicide for those living with depression. Acknowledge the struggles that individuals, families, and communities face regarding suicide.

Reference: <https://www.samhsa.gov/about/digital-toolkits/suicide-prevention-month>.

National Recovery Month

**NATIONAL
RECOVERY
MONTH**

HOPE IS REAL. RECOVERY IS REAL.

Focus on supporting individuals on their journey to recovery from substance use disorders and mental health challenges, promoting awareness and access to treatment and recovery resources. Make sure to unite to promote suicide prevention awareness.

References:

<https://988lifeline.org/promote-national-suicide-prevention-month/>.



September Themes

National Cholesterol Education Month

September is National Cholesterol Education Month, an observance dedicated to increasing awareness about high cholesterol's risks and promoting healthy lifestyle choices like diet and exercise to manage it. During this month, individuals are encouraged to get their cholesterol levels checked, make dietary changes to reduce unhealthy fats, incorporate regular physical activity, and consult with healthcare providers to develop personalized plans for preventing or controlling high cholesterol and reducing the risk of heart disease.

What You Can Do

1. Get Tested

Have your cholesterol levels checked regularly, as recommended by your healthcare provider.

2. Adjust Your Diet

Reduce unhealthy fats: Limit foods high in saturated and trans fats, such as fatty meats, processed foods, and some margarines.

3. Eat more fiber

Incorporate fiber-rich foods like oatmeal, beans, fruits, and vegetables into your diet to help lower LDL ("bad") cholesterol.

4. Choose healthy fats

Include sources of unsaturated fats, such as olive oil, avocados, and nuts.

5. Be Active

Engage in at least 150 minutes of moderate physical activity per week to help improve your cholesterol levels.

6. Maintain a Healthy Weight

Losing excess weight can significantly improve cholesterol levels.

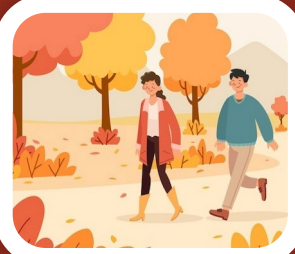
7. Talk to a Provider

If lifestyle changes aren't sufficient, your doctor can discuss other options, including medication, to help manage your cholesterol.

References: https://www.heart.org/-/media/Files/Professional/Million-Hearts/National-Cholesterol-Education-Month-ucm_500458.pdf



SEPTEMBER IS
CHOLESTEROL
EDUCATION MONTH



Physical Wellness



Community Programming –Dash Plus Hypertension Prevention & Management

FCS Educators taught Dash plus at Northern Cluster sites (Woodlawn Senior Center)

The DASH-Plus program is a sustainable, community-based approach to hypertension management. It is implemented by the University of Maryland Extension faculty in selected counties in Maryland. Local senior centers and other community sites that serve adults aged 55 and older—often through Area Agencies on Aging or similar organizations—are eligible to participate in the program. The Senior receive participants handouts and summary material on topic, got to try different food demonstration tastings, healthy recipes, blood pressure monitoring logs, and physical activities and more. **It is such a joy to work with the amazing Seniors !**



Woodlawn Senior Center amazing Seniors enjoying Dash Plus
education pictured above & below



Food Safety Education Month

September is designated as National Food Safety Education Month (NFSM), an annual observance to raise awareness about safe food handling and preparation to prevent foodborne illnesses

Food Safety Tips :

To prevent foodborne illnesses, follow these essential food safety tips:

Clean:

Wash hands thoroughly with soap and water for at least 20 seconds before, during, and after handling food.

Clean and sanitize all surfaces, utensils, and cutting boards used in food preparation.

Separate:

Keep raw meat, poultry, seafood, and eggs separate from other foods to prevent cross-contamination.

Use separate cutting boards for raw and ready-to-eat foods.

Store raw foods in sealed containers on lower shelves in the refrigerator.

Cook:

Cook food to the proper internal temperature as determined by a food thermometer.

Heat leftovers thoroughly until they reach an internal temperature of 165°F (74°C).

Chill:

Refrigerate perishable foods within 2 hours of purchase or preparation.

Keep the refrigerator at 40°F (4°C) or below.

Freeze leftovers promptly if they won't be eaten within 3-4 days.

Reference : (USDA.gov. <https://nwbhrc.org/september-is-national-food-safety-month/>)



Food Safety Session on How to Dry Herbs

Two Train the Trainer Session with Harford County Master Gardeners Taught By Master Gardener Coordinator, **Isabel Mooney** & FCS Educator Jennifer Dixon Cravens, MS. We cant wait for MG's to teach CTF, HSDI).



TRAIN THE TRAINER SESSIONS For Master Gardeners

(Harford County Master Gardener

Pictured Left)

(Harford County Master Gardeners ,

How to Safely Dry Herbs Indoors*



July 10, 2025
12 pm - 2 pm

[MGherbdrying.
eventbrite.com](https://mgherbdrying.eventbrite.com)



Summer 2025 -

FCS Educator &
Master Garden-
er Coordinator,
Isabel Mooney

September Recipes

English Muffin Pizzas



Ingredients:

6 English muffins split in half
3 Tablespoons olive oil
½ teaspoon garlic powder
¼ teaspoon Italian seasoning
1 Tablespoon grated Parmesan cheese
¾ cup pizza sauce
¾ cup shredded mozzarella cheese
Choice of toppings

Directions:

Move oven rack to the middle position and preheat to 400° F. Line a rimmed baking sheet with foil.

Place the English muffins on the baking sheet. In a small bowl combine olive oil, garlic powder, and Italian seasoning.

Use a spoon or pastry brush to brush about ½ Tablespoon of the oil mixture over each English Muffin.

Sprinkle each English Muffin with a little bit

of Parmesan cheese.

Spoon 1 Tablespoon of sauce over each and use the back of the spoon to spread out the sauce. Sprinkle each with 1 Tablespoon of shredded cheese. Add choice of toppings.

Bake for 8-10 minutes, or until the cheese is melted and the edges of the English muffins are golden.

Cool for 3-4 minutes and then serve.

Nutrition Information : Calories 327, total fat 14g, saturated fat 5g, cholesterol 45 mg, sodium 278, total carbohydrate 30g, protein 18g, rich in vitamin c, calcium, iron and potassium.

Reference: Allrecipes.com

Stuffed Bell Peppers



Ingredients:

red bell peppers, halved lengthwise, seeds and membranes removed
2 tablespoons extra-virgin olive oil, plus more for drizzling
1 medium yellow onion, chopped
1 jalapeño pepper, stemmed and finely chopped
4 garlic cloves, chopped
2 tablespoons tomato paste
2 teaspoons chili powder
2 teaspoons ground cumin
¾ teaspoon sea salt, plus more for sprinkling
Freshly ground black pepper
1½ cups cooked brown rice

Directions:

Preheat the oven to 450°F and line a baking sheet with parchment paper.

Place the peppers, cut side up, on the baking sheet. Drizzle with olive oil, sprinkle with salt and pepper, and bake for 10 minutes, or until tender. Tip out and discard any liquid that pools inside the pep-

pers. Set the peppers aside while you prepare the filling.

Heat the olive oil in a large skillet over medium heat. Add the onion, jalapeño, and garlic and cook, stirring occasionally, for 5 minutes, or until softened. Add the tomato paste, chili powder, cumin, salt, and pepper and cook for 3 minutes, or until the tomato paste darkens and the spices are fragrant.

Remove from the heat and stir in the brown rice, black beans, corn, and lime juice and zest. Season to taste.

Fill the peppers with the rice mixture and top with the cheese. Place in a large baking dish and broil for 5 to 10 minutes, or until the cheese is browned.

Top with fresh cilantro and serve with salsa and avocado, if desired, and lime wedges for squeezing.

Nutrition Information: Calories 360, saturated fat 10g, cholesterol 34g, total carbohydrate 28g, dietary fiber 12g,.

Reference: Allrecipes.com

Reference:
Allrecipes.com

September Recipes

Simple & Easy Pancakes

Ingredients:

1 cup all-purpose flour
2 tablespoons white sugar
2 teaspoons baking powder
½ teaspoon salt, or to taste
1 cup milk
2 tablespoons vegetable oil
1 large egg, beaten
1/2 cup of fresh berries (optional)

Directions:

Gather the ingredients.

Combine flour, sugar, baking powder, and salt in a large bowl. Make a well in the center, and pour in milk, oil, and egg. Mix until smooth.

Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop batter onto the griddle, using approximately 1/4 cup for each pancake; cook until bubbles form and the edges are dry, 1 to 2 minutes. Flip and cook until browned on the other side. Repeat with remaining batter.

Serve hot and enjoy!

Recipe Tip:

These easy pancakes are best served with homemade **blueberry compote**—see recipe below.

Nutrition Information:

Calories 247, Total Fat 10g, Saturated Fat 2g, Cholesterol 51mg, Sodium 804mg, Total Carbohydrate 34g, Dietary Fiber 1g, Total Sugars 9g, Protein 7g, Vitamin C 0mg, Calcium 183mg, Iron 2mg, Potassium 142mg

Source: Allrecipes.com



Blueberry Compote

Ingredients:

2 cups of package frozen blueberries, unthawed, divided
2 tbsp. of maple syrup or less to taste
1 tbsp. of lemon juice
1-2 tbsp. water (optional if needed)
1/2 tsp of vanilla extract (optional)

Directions:

Place 1/2 of the blueberries into a small, heavy saucepan with sugar and water; bring to a boil. Reduce the heat and simmer, stirring often, until blueberries burst, about 10 minutes.

Stir remaining blueberries into the saucepan; continue to simmer until compote thickens and coats the back of a spoon, about 8 minutes.

Nutrition Information: Servings per recipe: 12; Calories 41, Total Fat 0g, Total Carbohydrates 10g, Dietary Fiber 1g, Total Sugars 6g, Protein 0g, Potassium 21 mg.

References: <https://www.makingthymeforhealth.com/sugar-free-blueberry-lemon-compote/>.



September Recipes

Loaded Chicken Taco Bowl



Ingredients:

- 4(6 inch) flour tortillas, warmed
- 1/2 cup cooked long-grain brown rice
- 1/2 cup rinsed canned black beans
- 1/2 cup shredded cooked chicken
- 3/4 cup salsa
- 1 cup Cheddar
- 1/2 cup chopped tomatoes
- 1/4 cup sour cream
- 1 tbsp. chopped fresh cilantro

Steps/Directions:

Heat oven to 375°F.

Place 2 (12-cup) muffin pans upside-down on work surface. Press 3 warmed tortillas into spaces between muffin cups in each pan to make bowls.

Bake 10 min. or until lightly browned; cool slightly.

Fill tortilla bowls with remaining ingredients just before serving.

Nutrition Information: Calories, 322 , Total FAT 11.8g , Saturated Fat 6.6g , Carbohydrates, 38.9g , Sodium 380mg 4.7g sugar 4.1g fiber 15.0g protein 28mg cholesterol.

References: <https://>

Children's Alphabet Soup

Ingredients:

- 1 tbsp. olive oil
- 1/2 cup finely diced onion
- 1/2 cup finely chopped celery
- 1 1/2 cups cubed Yukon Gold or waxy potatoes, peeled
- 1 cup sliced carrots
- 1/2 cup green beans, fresh, frozen or canned, drained and rinsed
- 1 14 oz. can diced tomatoes
- 1 29 oz. can tomato puree
- 16 oz. vegetable broth
- 1 cup cubed zucchini
- 1 bay leaf
- 1 cup uncooked alphabet pasta

1/2 cup corn, frozen or canned, drained and rinsed

2 cups baby spinach, trimmed

Steps/Directions: Heat the oil in a medium sized pot and sauté the onion, celery and potatoes for 4 minutes. Add the carrots and green beans and stir, allowing to cook for an additional 5 minutes. Mix in the tomatoes, tomato puree, vegetable broth, zucchini and bay leaf, cover and bring to a boil. Once boiling, reduce heat to medium low and cook for 20 minutes. Bring the heat back to a boil, add the pasta and cook for 5 minutes. Add the corn and spinach and cook for an additional 5–6 minutes or until pasta is tender and spinach is wilted.

Nutrition Information: Calories 90kcal FAT 1.3g Saturated FAT 0.2g Carbohydrates, 17.7g 6% Sodium 328mg ,4.9g sugar 2.8g fiber 3.0g protein 0mg cholesterol .



Reference:
Allrecipes.com

September Recipes

On the Go Hummus and Pita Bread Platter

Ingredients:

¾ cup deli rotisserie chicken salad

2 tbsp. Original Hummus

1 cup raw veggies like baby carrots, celery sticks, and/or sliced cucumbers, tomatoes, bell peppers,

5 round crackers, stick, or any cracker of your choice

Steps/Directions:

To a platter or container, add the chicken salad, hummus, vegetables, and crackers. Serve chicken salad on crackers and dip vegetables into hummus.

WHAT I USED IN THE HUMMUS PLATTER:

Hummus – I used two different types, plus added a drizzle of *oil* and some *cumin seeds/pepper* to ‘perk’ them up a little.

Vegetables – I used *cucumber, carrot sticks, peppers, tomatoes*. You could try *broccoli, cauliflower*, or any other veggies too.

Carbs – I used *breadsticks, pitta bread fingers, crisps* and *rice cakes*. You could also try *toast fingers, cheese straws* or anything else that’s ‘dippable’.

Nutrition Information: Calories 430, Total Fat 20g, Saturated Fat 7.0g, Carbohydrates, 31.0g 10%, Sodium 400mg 5 1.0g sugar 6.0g fiber 20.0g protein 40mg cholesterol.
Reference: Allrecipes.com



Fruit Salad Bowl

Ingredients:

2 cups chopped peaches, plums, mango, or any in-season fruit (pears, apples)

1 small honeydew or cantaloupe (about 4 lbs.), seeds removed

1 pint blueberries, strawberries, or blackberries

2 limes

2 tbsp. honey

¼ cup thinly sliced fresh mint leaves

Try it with Seasonal Fruit

- Pears
- Apples
- Strawberries/Cranberries
- Grapes

- Figs

Nutrition Information: Per Serving :
Calories 140 Total Fat 0.0g, Saturated Fat, 5mg sugar 3.0g fiber 1.0g.

Reference: <https://recipecenter.giantfood.com/recipes/251294/mojito-fruit-salad>.





Financial Educator

Michael Elonge (†)

Senior Agent,

Associate Professor
AGNR/UME

2008-2025

Thank you for your
dedicated service !



Financial Wellness Educator

SPOTLIGHT ON: The Entry and Exit of Money: Income, Price, and Financial Management -by Michael Elonge, (†)

The Entrance and Exit of Money -It is difficult to find anyone who does not care about getting money income, or worried about spending money. Well, maybe until the money runs out. To leave in a financially healthy environment, it is essential to recognize the relationship in Income, Price, and Financial management.

Income: I guess we all know what it is. It is not surprising that most people are aware of the amount and frequency of income they are going to get. It is hard not to be aware because there is very little anyone can do without money income. **Think of Income as Money Entry.**

Price: When most people get income or money, the last thing that comes into mind is the word Price. Most people agree that the only time they think about the price is when they are about to spend money. Therefore, most consumers usually remember price as the cost, or the monetary value, or the dollar value of what consumers are willing to pay in exchange for the item in the store. **Think of Price as a warning of Money Exit.**

Stores: Stores are markets because they bring buyers (consumers) and sellers (suppliers) of goods and services together to exchange goods and services with money. **Think of Stores as Money Exit.**

Price and Money Management

When we as consumers go to stores, it is probably because we are willing to buy or spend money. If we are not careful about our prices, we may spend more money than we have to.

Question: Do you need to buy it? Is the item a need (would you starve or die if you reject to buy it)? If the answer is yes, then buy it. If the answer is no, save the money. This is why money management is important, it is essential to monitor prices and stop spontaneous buying or spending.

Something to Remember:

Price: When the price of a good is high, please do not buy it. Wait until the price drops.

Option: Look for related goods or services (Substitutes, and Complimentary).

- Substitutes are goods that may be used instead of one or the other such as chicken or turkey or pork or beef. *If the price for chicken is high, check the price of beef or pork. It could be cheaper.*
- Complements are goods that are used in conjunction with each other (automobiles and gasoline, tea, and sugar). *Stay away from expensive cars if gas price is high.*

Price and Consumers' taste: Your taste for good food, a three-course meal, or good clothes comes with higher prices as well. So watch your taste to save money. The higher your taste, the more money you spend.

Budget: Budgeting is a plan or a tool to maximize your money income. When budgeting, look for store promotions. Look at coupons and discounts. Go online and google the store to see deals. We budget frequently because we want to maximize the spending of income to present consumption and future consumption (saving).

Fall Financial Tips With Carrie

As the weather gets cooler and the days get shorter, we start to look forward to all the fun that fall brings! But, it is also a great time to review your financial situation and make sure that you are prepared for the months and year to come. Check out these tips for getting your finances set for the fall and winter seasons:

1. Take advantage of open enrollment!

Did you know that you only have a few months out of the year when you can make changes to your health insurance? We call this time of year open enrollment, and it is the only time you can switch health insurance plans or providers without a qualifying event (like a change in your employment). This is a great time to review your current health insurance and make sure it is a good fit for your health needs and financial situation. You may want to ask yourself a few questions like:

- **Am I satisfied with my current health insurance plan? If not, what about my current plan is causing me to feel dissatisfied?**
- **Has anything about my health status changed? Or has the health status of my family members covered by my plan changed?**
- **Am I anticipating any changes in my health needs for this upcoming year?**

These questions can help you understand what you want out of your health insurance and whether selecting a different plan might help your health or finances. For help comparing the health insurance plans available to you, check out our comparison workbook! You can find it at <https://extension.umd.edu/sites/extension.umd.edu/files/2024-09/Workbook%20My%20Smart%20Choice%208th%20edition%204-30-24.pdf>

2. Consider planning ahead for the holiday season.

September seems way too early to be thinking about the holiday season, but planning ahead can help save some big bucks! As the holiday season approaches and more people start shopping for gifts and other holiday

items, companies start to raise prices for those items. They might cut those prices for holiday season sales, but typically those sales are still more expensive than buying the item in a less busy shopping season that is significantly ahead of the holidays. Shopping ahead can also help spread out the expenses so that you aren't having to find the extra funds all at once. Just make sure you keep track of your purchases so that you know what you already have on hand as the holidays approach!

3. Take advantage of free and low-cost community events

With back to school, Halloween, Thanksgiving, and more fast approaching, there is no shortage of fun activities on community calendars! But costs for admission and other purchases at these events can add up quickly. Remember to think outside the box, there are plenty of ways to enjoy the fall season without breaking the bank! If you have kids in school, pay attention to school communications. They will often share information about resource fairs and other community events that are free and can help provide fun for the kids, useful information, and other giveaways. You may also want to keep an eye on your local library calendar. They have many great free events that allow you to get out and have some fun without overspending. Finally, check out social media for information about local yard sales, buy nothing groups, and second-hand shop events. They can help you find fall sports gear, clothing, decorations, toys, and more for significantly less than buying these items brand new.

Enjoy all the fun and festivities this fall, while achieving your savings and budgeting goals at the same time!

If you have questions about budgeting, saving, credit, health insurance, or other financial topics, reach out to Carrie Sorenson, Financial Educator with our Carroll County Office! She is happy to provide information about upcoming classes or answer questions. You can reach her at 410-386-2760 or cjrsoren@umd.edu.

Financial Wellness Corner



Carrie Sorenson
FCS Financial Educator
Carroll County,
Northern Financial
Cluster Educator





October Themes

This annual awareness month raises awareness about early detection of the disease. Nearly one in three of all new female cancer cases are breast cancer. There is about a one in eight chance for a woman living in the United States to get it in their lifetime.

Basic Steps to Take:

- Support people diagnosed with breast cancer, including those with metastatic breast cancer.
- Educate people about breast cancer risk factors,
- Encourage women to go for regular breast cancer screening starting at age 40 or earlier, depending on personal breast cancer risk ,
- Raise money for breast cancer research

Reference: <https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month>

Health Literacy Month

Health Literacy Month is observed annually in October. In 2025, Health Literacy Month will take place from October 1 to 31. This month aims to raise awareness about the importance of health literacy, which is the ability to obtain, understand, and use health information to make informed decisions about one's

health. It also encourages individuals to take steps to improve their own health literacy and advocate for others to do the same. We can plan by creating events centered around health literacy. Attend our classes How to talk to your health care provider , and other health related topics.

As we celebrate Health Literacy Month — a time to recognize the importance of making health information easy to understand and the health care system easier to navigate.

This year, we're also highlighting Healthy People 2030's updated definition of health literacy! A team of experts recently split the definition into 2 parts:

Personal health literacy: The degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Organizational health literacy: The degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Reference: <https://odphp.health.gov/news/202010/october-health-literacy-month>.



October Themes

Environmental & Physical Wellness Goals

- Manage fall allergies-Monitor pollen counts. Keep track of daily pollen and mold counts and stay indoors when they are high. The best time to be outdoors is after a rain, which helps clear allergens from the air.
- Keep windows closed. Use air conditioning to keep allergens out of your home and car.
- Clean indoor air. Use HEPA air purifiers and vacuum cleaners with HEPA filters to reduce indoor allergens like ragweed and mold.
- Clean up outdoor areas. Rake fallen leaves promptly to prevent mold growth.
- Shower and change clothes after spending time outdoors to remove pollen.
- Use medication. Over-the-counter antihistamines and nasal sprays can help manage symptoms. For severe allergies, your doctor may suggest immunotherapy (allergy shots).
- Check carbon monoxide (CO) detectors. Replace batteries in CO and smoke alarms twice a year, such as when changing the clocks for daylight saving time.
- Service your heating system. Have your furnace and chimney inspected and cleaned by a professional to ensure safety and good indoor air quality.

Environmental Wellness



References: <https://www.stjohns.health/blog/2022/august/wellness-tips-for-fall/>.

<https://www.cdc.gov/climate-health/php/effects/pollen-health.html>.

October Recipes

Tortilla Soup



Ingredients:

2 dried Guajillo or ancho chilies
 8 corn tortillas
 2 (14-ounce) cans diced fire-roasted tomatoes
 2 tablespoons avocado oil, plus more for drizzling
 1 large white onion, diced, reserve ½ cup for topping
 1½ teaspoons sea salt, plus more to taste
 1 teaspoon ground cumin
 ¼ teaspoon dried oregano
 3 garlic cloves, grated
 4 cups water or vegetable broth, plus more as needed
 3 cups cooked black beans, drained and rinsed

Directions:

Preheat the oven to 375°F and line two baking sheets with parchment paper.

Use kitchen scissors to slice the stems off the chilies, then cut the chilies open vertically along one of their edges. Spread them open so that they lay flat. In a dry skillet over medium heat, toast the chilies for 1 to 2 minutes per side, or until soft and fragrant. Place one of the tortillas in the pan and toast on each side until puffed up and fragrant.

Place the toasted chilies and tortilla in a blender and add the tomatoes. Blend until

smooth.

Heat the avocado oil in a large pot or Dutch oven over medium heat. Add the onion and salt, and cook, stirring occasionally, for 8 minutes, or until softened. Add the cumin and oregano and cook for 30 seconds, or until fragrant. Add the tomato mixture and cook, stirring, for 2 minutes. Add the garlic, water, and beans and simmer for 20 minutes. Add the corn and simmer for 10 more minutes.

Cut the remaining tortillas into thin strips and place on the prepared baking sheets. Drizzle with avocado oil, sprinkle with salt, and toss to coat. Spread evenly on the baking sheets and bake for 10 to 15 minutes, or until crispy.

If the soup is too thick, stir in a little more water to reach your desired consistency. Season to taste. Ladle the soup into bowls and top with the crispy tortilla strips, reserved diced onion, avocado, radishes, cilantro, and Cotija cheese. Serve with lime wedges for squeezing.

Nutrition Information: Calories 262, Protein, 14g, Total Fat 11g, Saturated fat 3g, cholesterol 25 mg, total carbohydrate 25g, dietary fiber 4g,

References: Allrecipes.com



Hot Apple Cider

Ingredients:

1 (64 fluid ounce) bottle apple cider
 3 cinnamon sticks, or a pinch of cinnamon
 1 teaspoon whole allspice,
 1 teaspoon whole cloves

Directions: Gather all ingredients. Combine apple cider and cinnamon sticks in a slow cooker.

Nutrition Information: Calories 172, Protein 0g, dietary fiber 1g, Total carbohydrates 28g, sodium 31mg, rich in calcium, and potassium.

Reference: Allrecipes.com

October Recipes

Spicy Salmon Fillets

Ingredients:

1 lemon
3 tbsp. butter
4 green onions, finely chopped, plus more for garnish, if desired
4 (6 oz.) salmon fillets
1 pinch of cayenne pepper or pepper flakes

Steps/Directions:

Preheat oven to 425°F. From the lemon, grate 1 tsp zest and squeeze 1 tbsp. juice into a small bowl.

In a small saucepan, melt the butter on medium. Add the green onions. Cook 2 min., until golden, stirring often. Whisk in lemon juice, zest, and hot sauce until combined.

Remove from heat. Season with salt and pepper to taste. Reserve 2 tbsp.

Arrange the salmon fillets in a baking dish. Season with salt and pepper. Pour remaining butter mixture over salmon. Bake 20–25 min., until salmon is cooked through. Drizzle reserved 2 tbsp. butter mixture over salmon before serving. Garnish with additional green onions, if desired.

Nutrition Information: Calories, 387kcal FAT 16.0g Saturated fat, Carbohydrates, 2.0g , rich in omega 3 fatty acids .

Reference: <https://www.simplyrecipes.com/>.



Green Salad

Ingredients:

1 medium shallot
½ cup red wine vinegar
3 tbsp. Dijon mustard
1 tbsp. mayonnaise
¼ tsp sugar
½ cup olive oil
1 seedless English cucumber
1 (5 oz.) pkg. c Baby Butter Lettuce Salad
1 (8 oz.) bag Italian-blend salad greens
1 (9 oz.) bag chopped romaine

Steps/Directions: Thinly slice the shallot. In a medium bowl, whisk together vinegar, mustard, mayonnaise, sugar, salt, and pepper until well combined. Whisk in the oil, then stir in the shallot.

Thinly slice the cucumber and add to a large serving bowl, along with all the greens. Drizzle dressing over and toss just before serving.

Nutrition information Calories 81kcal 4% Total fat 7.3g 11% Saturated fat 1.0g 5% Carbohydrates 3.0g 1% Sodium 96mg 4% 1.1g sugar 1.0g fiber 1.2g protein 0mg cholesterol.

Reference: [Allrecipes.com](https://www.allrecipes.com)



October Recipes

Quick Chicken Noodle Soup


Ingredients:

- 2 tbsp. olive oil
- ½ cup diced onions
- 2 stalks celery, thinly sliced
- 4 medium carrots, thinly sliced
- 2 small boneless, skinless chicken breasts
- 1 (16 oz.) Organic Low Sodium Chicken Broth
- 4 cups water
- 1 pinch of black pepper
- 1 teaspoon of garlic powder
- 1 teaspoon of cumin
- 4 oz. angel hair pasta
- ¼ cup chopped fresh dill
- 2 tbsp. lemon juice

Steps/Directions:

In a large pot, heat the oil on medium-high. Add the onions, celery, and carrots. Season with salt. Cook 6 min., stirring often.

Meanwhile, chop the chicken into ½-inch chunks.

To pot, add the broth and water. Heat to a boil. Add chicken to the pot. Reduce heat and simmer 8 min., stirring occasionally.

Break the pasta into 1-inch pieces and add to pot. Cook 6 min., until pasta is tender and chicken is cooked through, stirring often. Season with salt and pepper. To serve, stir in the dill and lemon juice.

Nutrition Information: Calories

234, Total Fat 7.5g Saturated Fat 1.3g Carbohydrates 21.7g Sodium 123mg 5% 3.4g sugar 2.3g fiber 20.2g protein 36mg cholesterol .

Reference: <https://recipecenter.giantfood.com/recipes/158709/chicken-noodle-soup>.



Hot Apple Cider

Ingredients:

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks, or a pinch of cinnamon
- 1 teaspoon whole allspice,
- 1 teaspoon whole cloves

Directions: Gather all ingredients. Combine apple cider and cinnamon sticks in a slow cooker. Nutrition Information: Calories 172, Protein 0g, dietary fiber 1g, Total carbohydrates 28g, sodium 31mg, rich in calcium, and potassium .

Reference: Allrecipes.com

October Recipes

Sautéed Garlic Kale

Ingredients:

2 tbsp. olive oil
2 tbsp. minced garlic
3 (12 oz.) Organic kale
1 Lemon

66mg, 1.3g sugar 5.1g fiber 3.8g protein 0mg cholesterol .

Reference: <https://www.inspiredtaste.net/45770/garlic-sauteed-kale/>.

Steps/Directions:

Heat the oil in a large pot on medium-high. Add garlic and cook 1 min.

In batches, stir in kale and cook 15 min., until all the kale is entirely wilted.

Nutrition Information:

Calories 89, Total Fat, 6.4g , Saturated Fat 0.8g 4% Carbohydrates, 3.7mg , Sodium



Blueberry Smoothie Bowl

Ingredients:

2 bananas
1 cup fresh strawberries
3 cups frozen blueberries
½ cup Almond Butter
1 cup almond milk
¾ cup fresh blueberries
½ cup Organic Vanilla Almond Granola

mond milk in a blender. Purée until smooth.

Divide mixture among 4 bowls and top with sliced bananas, fresh blueberries, strawberries, and granola.

Nutrition information: 4 servings- Calories 390kcal Total Fat 10.7g, Saturated Fat 2.4g, Carbohydrates 30g g, Sodium 128mg, 6g sugar 10.2g fiber, 8.5g protein ,0mg cholesterol

Steps/Directions:

Reference: Allrecipes.com

Slice the bananas and strawberries. Set frozen blueberries, almond butter, and al-





Autumn Protocol

As the temperature drops and the days get shorter, it can be tempting to hibernate indoors. However, staying active throughout the fall is key to maintaining your physical health, especially when cooler weather can lead to more stiffness in muscles and joints.

Here are some great tips to help you keep moving and feeling your best, even as the season changes.

1. Dress in Layers

Fall weather can be unpredictable, so dressing in layers allows you to regulate your body temperature more effectively. Start with a moisture-wicking base layer to keep sweat off your skin, add a warm middle layer like fleece, and top it with a windproof or waterproof jacket to protect against the elements. Don't forget a hat and gloves—keeping extremities warm is crucial!

2. Make Use of Daylight Hours

As the days get shorter, it's important to take advantage of the daylight when you can. Try to schedule your outdoor workouts in the late morning or early afternoon when the sun is out.

If you're an early riser or like evening exercise, invest in reflective gear or a headlamp to stay safe in lower light.

3. Indoor Activities to Keep You Moving

On particularly cold or rainy days, indoor exercises like yoga, Pilates, or strength training are great ways to stay active. You can also try guided online workout programs, in person or virtual personal training or physical therapy exercises to target areas that might need more attention as the seasons change.

TIP: Stretching is especially important in

cooler weather to prevent injury and keep muscles limber.

4. Outdoor Fall-Friendly Activities

Fall is perfect for low-impact activities like walking, hiking, or biking, which can be easier on the joints while still providing cardiovascular benefits. The cooler air can even enhance endurance. Take advantage of the beautiful fall foliage by heading to a local park or nature reserve for some fresh air. Just be sure to avoid slippery surfaces from fallen leaves or early frost to prevent falls.

5. Set Fall Fitness Goals

With the holidays around the corner, it's easy to let fitness routines slide. Set specific, achievable goals to stay motivated, whether it's increasing your step count, trying a new activity, or maintaining a certain workout schedule. Invite a friend to set goals or consistently meet up for a walk or workout to help you remain accountable to your goals or consider signing up for a fall charity run or walk to stay motivated and give back to the community.

Remember, staying active year-round is important for maintaining joint flexibility, muscle strength, and overall well-being—key components of injury prevention and physical therapy success.

Reference: <https://atlanticptcenter.com/2024/09/09/stay-active-this-fall-tips-for-staying-fit-despite-the-chill/>.

HOW TO TAKE CARE OF YOUR MENTAL HEALTH IN AUTUMN

Good Mental Health Tips for the Fall

1. Start learning a language. least 10 minutes everyday.
2. Organize/clean an area of your house.
3. Go outside for 20 minutes a day.
4. Meditate for 10 minutes.
5. Attend a yoga class.
6. Do something for yourself for at
7. Try a breathing exercise, like box breathing, to reduce stress

References: : <https://www.mayoclinichealthsystem.org/wellness/fall-into-wellness..>

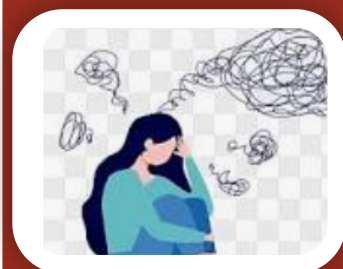
Reference: <https://www.terryberry.com/blog/50-wellness-activities/>.



How to Prevent Seasonal Illnesses During the Fall

- Wash your hands often. Use soap and warm water for at least 20 seconds, especially after being in public places and before eating. If soap is not available, use an alcohol-based hand sanitizer.
- Go outdoors for sunlight. Shorter days and less sun exposure can lead to a dip in vitamin D, affecting mood. Get outside for at least 15 minutes a day or sit near a window to soak up natural light.
- Exercise regularly. Physical activity boosts endorphins and helps combat "the fall blues".
- Keep your distance from others when sick. Avoid contact with people who are ill, and if you are feeling unwell, stay home from work, school, and errands to prevent spreading germs.
- Cover your coughs and sneezes. Use a tissue or your elbow to cover your mouth and nose to stop the spread of germs.
- Clean and disinfect frequently touched surfaces.
- Boost your immune system with a balanced diet, regular exercise, and adequate sleep.

References: <https://www.thewellnesscoalition.org/strategies-for-a-healthy-fall-that-can-help-prevent-chronic-disease/>





While having a healthy immune system is a plus during the season of colds and flu, consider these tips for keeping your immune system strong throughout the year:

Focus on a balanced eating plan. Don't skip meals, so your body stays well-fueled. Aim for five to nine servings of vegetables and fruits daily to provide those immune-boosting vitamins, minerals and antioxidants. A serving of fruit is one medium piece of fresh fruit, 1 cup of berries or melon, or 1/2 cup of canned fruit packed in its own juice. A serving of vegetables is 1/2 cup cooked or 1 cup raw. Getting these nutrients from foods versus supplements is always best. Remember to drink adequate fluids throughout the day. Plain water is best.

Crack down on spreading germs. Good hygiene and hand-washing help prevent the spread of germs. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Increase sleep, reduce stress. Getting adequate sleep and managing stress can be just as important as healthy eating to prevent the flu. Research demonstrates that lack of sleep and increased stress contribute to illness and overall poor health, so adults should get seven to nine hours of sleep each day, while children need 8-14 hours, depending on age.

Healthy ways to cope with stress include meditating, listening to music or journaling. Physical activity is another strategy to manage stress and may reduce the risk of some chronic diseases.

Myths and facts about nutrients:

Fact: Chicken soup can help you feel better. According to the National Institutes of Health, chicken soup has properties that fight inflammation, promote hydration and get mucus flowing.

Myth: Vitamin C can prevent illness. When taken before cold symptoms start, vitamin C may shorten the duration, but it doesn't keep you from getting sick.

Myth: Dairy increases mucus production. You may have heard that milk and other

dairy products worsen congestion. Research has not proven this to be true.

These nutrients play a role in immunity:

- **Beta carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mangoes, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish, eggs, milk and 100% juices fortified with vitamin D.
- **Zinc** tends to be better absorbed from foods such as beef and seafood, but it's also found in wheat germ, beans, nuts and tofu.
- **Probiotics** are good bacteria that promote health. You'll find them in cultured dairy products, such as yogurt, and in fermented foods, such as kefir and kimchi.
- **Protein** comes from animal and plant sources, including milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.



Chicken Dill Noodle Soup Serves 6

5 cups reduced-sodium chicken broth
 3 medium carrots, diced
 1 large stalk celery, diced
 3 tablespoons minced fresh ginger
 6 cloves garlic, minced
 4 ounces whole-wheat egg noodles (3 cups)
 3 cups shredded cooked skinless chicken breast (about 1 pound)
 1 tablespoon chopped fresh dill
 1 tablespoon lemon juice, or to taste

Bring broth to a boil in a Dutch oven. Add carrots, celery, ginger and garlic; cook uncovered over medium heat until vegetables are just tender, about 20 minutes. Add noodles and chicken; simmer until the noodles are just tender, 8–10 minutes. Stir in dill and lemon juice.

Nutrition per serving (1½ cups): 267 calories, 12 g total fat, 2 g sat. fat, 1 g monounsaturated fat, 28 g protein, 18 g carbohydrates, 2 g dietary fiber, 330 g sodium.

Reference: <https://www.uhc.com/health-and-wellness/preventive-care>

Food Safety tips for the Fall –Fun Activities

Outdoors (Hiking, Camping and Apple Picking)

Have a cold source for your perishable items to prevent bacteria from multiplying to dangerous levels.

- o Frozen gel packs or frozen water bottles work well as cold sources.
- o Pack non-perishable items for easy grab-and-go options: trail mix, energy bars, granola bars, canned tuna, etc.



Tailgates

Oftentimes when heading to a tailgate, you'll need to pack foods that you want to grill later in a cooler. When packing the cooler with these items, make sure you're packing the cooler with ice or frozen gel packs.

- o To prevent cross-contamination, wrap raw meat and poultry items separately and place at the bottom of the cooler to avoid having juices drip on ready-to-eat foods.
- o Remember your food thermometer! A [USDA study](#) shows that 66% of participants did not use a food thermometer to check the internal temperature. The only way to know if your food is safe to eat is using the food thermometer to check the internal temperatures. Color and touch are never an indication of doneness.
- o If grilling or cooking meat or poultry at your tailgate, make sure you are cooking it thoroughly.
- o Foods will brown faster on a grill, but color is never an indicator of doneness, so make sure you are using a food thermometer to check that it has been cooked to the correct minimum internal temperature.

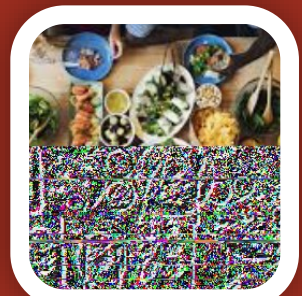


Fall Potlucks

When serving foods at your potluck, remember to keep hot foods hot and cold foods cold.

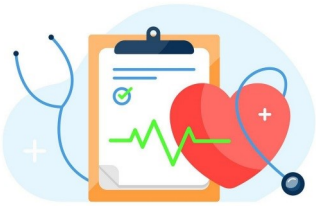
- o Keep hot items hot by using a slow cooker on the "warm" or "low" setting, or use chafing dishes with a heat source.
- o Keep cold items, like dips, cold by placing the serving dishes in a bed of ice.

Consider putting foods out in batches to ensure they aren't staying out longer than the two-hour time limit.



References: <https://www.foodsafety.gov/blog/food-safety-tips-all-your-fall-fun>.

Physical Wellness



Health Screening for the Fall Practicing Preventive Care

What's considered preventive care?

Preventive care includes the services you get as part of your routine well exam. Most health plans cover eligible preventive care services, which means you'll pay \$0 out of pocket. Preventive care includes:

- **Your annual physical care exam**
- **Vaccines**
- **Well-baby and well-child care**
- **Recommended cancer tests and screenings at certain ages for breast, colon, prostate, lung and cervical cancer**
- **Other health screenings for things like osteoporosis and diabetes**

General health screenings are recommended year-round, not just in the fall. They are based on your age, sex, personal health history, and family history. This list includes routine checkups, immunizations, and important tests for common conditions.

Routine screenings for all adults

Blood pressure: High blood pressure often has no symptoms. All adults should have their blood pressure checked regularly, with annual screening recommended for most people over age 40.

Cholesterol: A lipid panel blood test screens for high cholesterol, which can increase the risk of heart disease and stroke. The American Heart Association recommends that adults be screened every four to six years, or more frequently if there are risk factors.

Diabetes: People who are overweight

and between the ages of 35 and 70 should be screened for type 2 diabetes every three years. Screening should also be done for those with other risk factors, such as high blood pressure.

Eye exam: Comprehensive eye exams can detect not only vision problems but also early signs of diseases like glaucoma.

Skin cancer: Perform regular skin self-exams to look for new or changing moles or lesions. You should discuss with your doctor how often to have a professional skin exam, especially if you have an increased risk.

Mental health: Annual screenings for depression and anxiety are recommended for all adults.

Annual physical: This general checkup is an opportunity to review your overall health, discuss any concerns, and receive updated immunizations, like the annual flu shot.

Cancer screenings

Colorectal cancer: Screening should begin at age 45 for people of average risk. Screening options include a colonoscopy every 10 years or a stool-based test every one to three years.

Lung cancer: Annual low-dose CT scans are recommended for adults aged 50 to 80 who have a 20 pack-year smoking history and either currently smoke or quit within the last 15 years.

Screenings for women

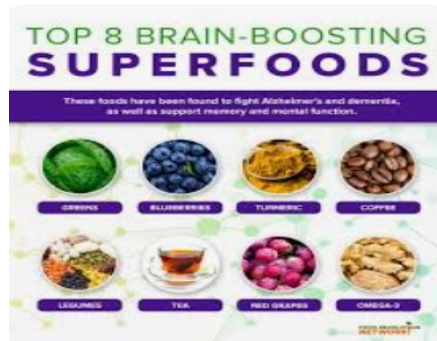
Mammogram: Annual mammograms are recommended for women ages 45 to 54. Women 55 and older can transition to every two years or continue with

Continued next page...

November Themes

Alzheimer's Disease Awareness Month

This November awareness month celebrates the nearly more than 6 million Americans who live with Alzheimer's and their families and caregivers totaling nearly 15 million caregivers. To keep the brain active with Alzheimer's disease, engage in mentally stimulating activities like puzzles and reading, maintain social connections, get regular physical exercise and adequate sleep, follow a brain-healthy diet, and manage stress effectively.



Reference: https://www.alz.org/help-support/brain_health/10-healthy-habits-for-your-brain

National Diabetes Awareness Month

Observed every November, this month focuses on how diabetes impacts millions of Americans every year. Nearly 29 million people live with diabetes and another 8 million are undiagnosed.

What happens during National Diabetes Awareness Month?

Raising Awareness:

Organizations focus on highlighting the impact of diabetes and prediabetes on millions of Americans, including the costs of care and the daily challenges faced by individuals.

Promoting Healthy Lifestyles:

The focus is on encouraging healthy eating, regular exercise, and other lifestyle changes that can help prevent type 2 diabetes and manage existing conditions.

Providing Resources and Education:

Resources are shared to help people understand their risk of diabetes, find low-cost eye care, and learn about management strategies.

Reference: <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>



November Recipes

Easy Turkey Recipe



Ingredients:

1 (12- 14 lb.) Fresh Young Turkey, thawed if frozen

3 oranges, divided

6 cloves garlic, smashed

1 (3.5 oz.) tub garlic and cheese finishing butter, room temperature

To serve (optional):

1 (12 oz.) jar home-style gravy

Steps/Directions: Place oven rack in lower third of oven and preheat oven to 400°F. Remove the turkey neck and giblets from the body cavity of the turkey and discard or reserve for another use. Pat turkey dry. On a rack set in a large roasting pan, place the turkey breast-side up.

Cut 2 of the oranges into 6–8 wedges each. To the cavity, add orange wedges, garlic, and half of 1 package of sage leaves. Tie legs together with butcher's twine and tuck wing tips back. Starting at neck opening, gently loosen skin on turkey and spread half of herbed butter under skin. Rub remaining butter over

entire turkey. Generously season turkey with salt and pepper.

Add 4 cups water to bottom of roasting pan. Roast turkey 30 min. Reduce oven temperature to 325°F and roast another 1¼–2½ hours, until thermometer inserted into thigh reads 165°F. If the turkey is browning too quickly, loosely cover breast with foil after 1 hour and add more water if pan seems dry. Let turkey rest 20–30 min. before carving. Garnish with remaining sage leaves and remaining orange, cut into wedges.

Nutrition Information: Calories 424, Total 20.0g Saturated 7.0g Carbohydrate, 6.0g 2% Sodium 219mg, 4.0g sugar 1.0g fiber 52.0g protein 215mg cholesterol.

Reference: <https://recipecenter.giantfood.com/recipes/244327/easy-garlic-and-sage-turkey>.



Stuffed Mushroom Croissants Stuffing

Ingredients:

½ cup (1 stick) butter

2 tbsp. olive oil

2 (8 oz.) pkgs. diced celery and onions

2 (3.5 oz.) pkgs. sliced shiitake mushrooms

2 (8 oz.) pkgs. sliced baby Bella mushroom

2 tsp dried thyme

2 large egg, beaten

2 cups low-sodium chicken broth

6 croissants, torn into bite-sized pieces

Steps/Directions:

Preheat oven to 375°F. Grease a 9x13-inch baking dish.

In a large pot, heat the butter and oil on

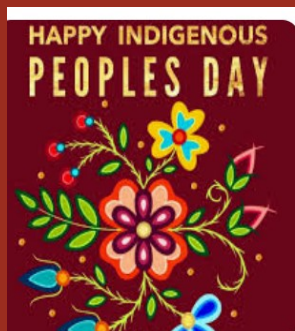
medium, until butter melts. Add the diced celery and onions. Season with salt and pepper. Cook 8–10 min., until vegetables are almost tender, stirring often.

Add the mushrooms and thyme. Cook 10–12 min., until mushrooms are tender, stirring often. Remove from heat. Let cool slightly.

Into pot, stir in the eggs and broth. Add the croissants and toss until well combined. Transfer mixture to baking dish. Cover with foil and bake 20 min. Remove foil and continue baking 10–15 min., until top is golden brown.

Nutrition information Calories 481, Fat 11.3g SATURATED FAT 80g CARBS 281g, sodium 361mg 11.2g sugar 3.8g fiber 9.2g protein 111mg cholesterol.

Reference: Allrecipes.com



November Recipes

Simple Squash & Sweet Potato Soup

Ingredients:

2 lbs. squash
1lbs. of sweet potatoes
2 medium red onions, sliced
2 large carrots, peeled and chopped
6 cloves garlic, peeled
3 tbsp. olive oil
Pinch of nutmeg, and cinnamon
1/2 cups low-sodium vegetable broth
2 tbsp. lemon juice
½ cup salted, roasted pepitas, to serve
2 tbsp. chopped chives, to serve

Directions: Preheat oven to 375°F. Trim the stem ends from the squash, then quarter, discarding the seeds and keeping the skin on. Cut Sweet potatoes in cubes for best results, To a large Dutch oven, add squash, sweet potatoes onions, carrots, garlic, and herbs. Toss with the oil and season with salt

and pepper. Place in oven, uncovered, and roast 1–1½ hours, until squash is tender.

Carefully transfer Dutch oven to stovetop and use a fork or tongs to remove any herb stems, leaving herb leaves in soup. Heat on medium-low and add the broth, scraping up any browned bits on bottom of pot with a wooden spoon. Cook 10–12 min., until warm. Remove from heat. Using an immersion blender, blend the soup until smooth. If needed, add water or additional broth to get desired consistency. Stir in the lemon juice and season with salt and pepper. Garnish with the pepitas and chives to serve.

Nutrition Information: Calories 245 FAT 11.0g , Saturated fat 2.0g , carbohydrates, 37.0g 12% Sodium 157mg, 10.0g sugar 7.0g fiber 6.0g protein 0mg cholesterol .

References: <https://recipecenter.giantfood.com/savory/seasonal>



Crispy Brussel Sprouts

Ingredients:

2 (12 oz.) pkgs. halved Brussels sprouts
2 tbsp. olive oil
1 tbsp. butter
1 lemon

Directions & Steps :

Steps: Preheat air fryer to 375°F. In a large bowl, toss together Brussels sprouts and oil. Season with salt and pepper.

Air-fry the Brussels sprouts, in batches if

needed, for 10 min., shaking every 5 min., until golden brown. Meanwhile, in a small microwave-safe bowl, microwave butter until melted. Into butter, grate 1 tsp lemon zest and squeeze 1 tbsp. juice. Drizzle lemon butter over Brussels sprouts to serve.

Nutrition Information: Servings per recipe: Calories, 268, fiber 6grams, protein 6grams, 8mg cholesterol, Carbohydrates 15g, total fat 5g, saturated fat 3.

References: <https://www.makingthymeforhealth.com/sugar-free-blueberry-lemon-compote/>.



November Recipes

Creamed Spinach Gnocchi Bake



Ingredients:

- 1 (20 oz.) pkg. frozen potato gnocchi
- 1 (10 oz.) pkg. frozen chopped spinach, thawed
- 1 cup half & half
- 4 oz. reduced-fat cream cheese, cut up and room temperature
- 1/2 cup shredded part-skim mozzarella cheese

Steps/Directions:

Preheat oven to 400°F. Bring a large pot of salted water to a boil on high. Add the gnocchi and cook according to package directions. Add the spinach 1 min. before gnocchi is done cooking, then drain well

together.

Transfer gnocchi and spinach mixture to an 8x8-inch baking dish. Pour half & half on top. Season with salt and pepper. Stir together, then spread in an even layer. Dot with the cream cheese. Top with the mozzarella. Bake 18–20 min., until mozzarella is melty and bubbly. Season with pepper to taste.

Nutrition Information: Calories 430 , Total fat, 18h, Saturated fat 8g, Carbohydrates 34g , Sodium 344mg,, 7.0g sugar 2.0g fiber 20.0g protein 58mg cholesterol .

Reference: <https://recipecenter.giantfood.com/recipes/213201/creamed-spinach-gnocchi-bake>.

Herb Roasted Carrots & Potatoes

Ingredients:

- 2 ½ lbs. parsnips, peeled and sliced into 1-inch rounds on an angle
- 2 ½ lbs. carrots, peeled and sliced into 1-inch rounds on an angle ,
- 1/2 lb. of golden potatoes
- 3 tbsp. olive oil
- 2 tsp fresh thyme leaves
- ¼ cup finely chopped fresh parsley
- 2 tbsp. butter, melted

Steps:

Preheat oven to 425°F. Line 2 rimmed baking sheets with parchment paper.

In a large bowl, toss together the parsnips, carrots, oil, and thyme. Season with salt and pepper.

Divide vegetables between baking sheets, arranging in a single layer. Roast 25–30 min., until vegetables are tender and crispy, stirring occasionally.

Add the parsley and butter to vegetables and toss to combine. Transfer to a serving dish.

½ cup (1 stick) butter

medium, until butter melts. Add the diced celery and onions. Season with salt and pepper. Cook 8–10 min., until vegetables are almost tender, stirring often.

Nutrition Information: Calories 236, Total Fat 9.0g , Saturated Fat, 3.0g, Carbohydrate's, 39.0g Sodium 136mg, 14.0g sugar 11.0g fiber 3.0g protein 8mg cholesterol .

Reference: <https://recipecenter.giantfood.com/recipes/170299/herb-roasted-parsnips-and-carrots>.



November Recipes

Cranberry Cheesecake

Ingredients:

12 vanilla wafer cookies
2 (8 oz.) pkgs. cream cheese, softened
1 ¼ cups sugar, divided
2 tsp vanilla extract
2 large eggs
½ (12 oz.) pkg. fresh cranberries
½ cup Nature's Promise Naturals Cranberry Juice
2 tsp orange zest

Steps/Directions:

Preheat oven to 350°F. Line 18 cups of 2 muffin pans with paper liners. Place 1 vanilla wafer in the bottom of each liner.

In the bowl of a stand mixer or with hand mixer, beat the cream cheese and ½ cup sugar until smooth and fluffy. Add the vanilla and beat in the eggs, one at a time, until just smooth. Divide the mixture among the cups of the muffin pan, over the vanilla wafers. Bake 10 min., until set. Refrigerate to cool completely.

Meanwhile, in a medium pot, combine the cranberries, cranberry juice, orange zest, and remaining ¾ cup sugar. Heat to a boil on high. Reduce heat and let simmer 10 min., until cranberries pop and sauce has thickened, stirring often. Refrigerate to cool completely. When ready to serve, spoon cranberry mixture onto each mini cheesecake.

Nutrition information: Calories 185 9% Fat Total 8.2g Saturated Fat 5.5g, Carbohydrates 21.1g 7% Sodium 107mg 4% 17.9g sugar 0.4g fiber 2.8g protein .

Reference: Allrecipes.com



Broccoli & Cauliflower Casserole

Ingredients:

½ cup plain dry bread crumbs
2 tablespoons grated Parmesan cheese, (¼ cup + 2 tbsp., divided)
2 tbsp. butter, divided
1 ½ tsp Italian Seasoning, divided
1 pkg. (16 oz.) frozen broccoli florets, thawed
1 pkg. (16 oz.) frozen cauliflower florets, thawed
1 large onion, chopped (1 cup)
2 tbsp. all-purpose flour
1 tsp Garlic powder
¼ tsp Ground Black Pepper
½ cups milk
4 oz. (½ package) cream cheese, cubed

Steps/Directions: Preheat oven to 350°F.

Mix bread crumbs, 2 tablespoons of Parmesan cheese, 2 tablespoons of melted butter and 1/2 teaspoon of Italian seasoning in small bowl. Set aside. Cut up any large broccoli or cauliflower florets into bite-size pieces. Melt 2 tablespoons butter in large skillet on medium heat. Add onion; cook and stir about 5 minutes or until tender. Stir in flour, remaining 1 teaspoon Italian seasoning, garlic salt and pepper. Add milk; cook and stir until thickened and bubbly. Add cream cheese and remaining 1/4 cup Parmesan cheese; cook and stir until cream cheese is melted. Add vegetables; toss gently to coat. Spoon into 2-quart baking dish. Sprinkle top evenly with crumb mixture. Bake 40 minutes or until heated through and top is lightly browned.

Nutrition Information: Calories 167 ,Total Fat 10.9g Saturated Fat 4.3g Carbohydrates 13.3g, Sodium 249mg ,4.5g sugar 3.0g fiber 5.8g protein 29mg cholesterol .

Reference: Allrecipes.com





Physical Wellness— Community Walk

Come join us on Wednesday October 1, 2025, at 10:45 am - We will start the Walk at 10:45 am, after a 30 minutes wellness talk, then will participate in fitness activities and discuss the benefits of walking, proper diet, staying hydrated in the fall and discuss seasonal foods. Light Lunch

Walktober

**Join us for a Free Community
Wellness Talk & Walk**

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Wednesday, Oct. 1, 2025

**Havre de Grace Department of Social Services
2029 Pulaski Hwy, Havre De Grace, MD 21078**

Join **University of Maryland Extension Nutrition Educator Jennifer Dixon Cravens**
for a wellness talk and for a 30-minute walk.
Registration required.

To register, scan QR or go to:
<https://WalkHarfordMd.eventbrite.com>



Save The Dates! Upcoming Classes



Date	Class Description	Time	Cost
September 11	Food Safety: Capture the Flavor Cooking with Herbs and Spices	11:30 am	Free
September 24	Health Literacy– How to Talk to Your Health Care Provider	11:30 am	Free
October 2	Walk MD—Walk and Wellness (In Person) Register on Eventbrite	9:30am	Free
October 22	Food As Medicine– Eating Seasonal Foods for the Fall to Combat Chronic Disease	11:30am	Free
November 12	Food Safety– Capture the Flavor—Healthy Cooking with Herbs and Spices	11:30 am	Free
November 19	Healthy Cooking for the Holiday	11:30am	Free
December 3	Nutrition Plus– Foods As Medicine	11:30am	Free
December 17 17	Nutrition Plus—Healthy Cooking for Holiday	11:30 am	Free

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Register at

[Agnr.umd.edu/events](https://agnr.umd.edu/events)

or

www.jenniferdc.eventbrite.com

If you need a reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office at least two weeks in advance.

Contact the Faculty Extension FCS/Nutrition Educator for more information

Jennifer Dixon Cravens, MS email: jdixoncr@umd.edu

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