

## October is **Breast Cancer Awareness Month, Domestic Violence Awareness Month**

You can find the best resources by clicking on the name above.

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### **October 1 - World Vegetarian Day**

Whole-food, plant-based diets are good for your health, the animals, and the planet. **Make a vegetarian meal** for dinner tonight.

### **October 10 - World Mental Health Day**

Make mental health and well-being for all a global priority. [#WorldMentalHealthDay](#)

### **October 12 - National Stop Bullying Day**

**Bullying affects 1 in 5 students.** [Learn how to identify bullying](#) and stand up to it safely. [#StopBullyingDay](#)

### **October 16 - Dictionary Day**

Open up a hard copy of a dictionary, flip to a page and learn a new word. Then post and tag your newly acquired word on social media in honor of [#NationalDictionaryDay](#).

### **October 29 - National Stroke Day**

Know the warning signs! Use the letters in [F.A.S.T. to spot a stroke](#). [#NationalStrokeDay](#)

### **October 29 - National Cat Day**

**Let's break the internet with cuteness!** Share your most adorable cat photos & videos with us.

### **October 31 - Halloween**

Who said, **"It's Halloween; everyone's entitled to one good scare"**?  
~ Sheriff Leigh Brackett, from the movie "Halloween"

# FOOD & DRINK

**What's in season?** A cornucopia of goodness! Pears, apples, plums, figs, pumpkins, grapes, winter squash, brussels sprouts, leeks, cauliflower, broccoli, sweet potatoes, potatoes, lettuce, and so much more.

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*Post for 10/4 - **Today is National Taco Day!** Make a healthy taco topper. Combine canned pumpkin, minced chipotle in adobo, lime juice, and a touch of sour cream.*

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It's time to dig into the tasty flavors of fall. This [Chopped Salad with Butternut, Apples, and Pecans](#) fits the bill.

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*Post for 10/14 - Satisfying and sweet, [these healthy desserts](#) are the perfect way to **celebrate National Dessert Day**. #NationalDessertDay2022*

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**Super easy, super tasty, and super foodie!** Try this [Lentil Salad with Apples](#) for lunch this week.

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Does it matter where you store your fruits and vegetables? It sure does! [Read on](#) to find out the best practices for your produce.

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*Post for 10/17, National Pasta Day - It's hard to argue that anything could be more [comforting than a bowl of pasta](#). It's ok to indulge for one day :) **Just head to the Y in the morning!** #NationalPastaDay*

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Lighten things up at dinner time on these chilly Fall days with a [cozy and comforting recipe](#) from *Cooking Light*. #healthyeating #Fall #comfy #cozy #classics

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**October 24th is National Food Day.** What healthy and nutritious meal will you be making? #NationalFoodDay



# LIFESTYLE

Save \$\$\$ on your energy bill. Ensure your gas burners have a **blue flame and are clean of residual materials**. Yellow flames are inefficient and can be unsafe.

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**October 12th is National Farmer's Day.** Make sure to thank everyone you know in the Agricultural Industry for all their efforts today.

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Start a healthy habit and stick with it. Adding a piece of fruit to your diet takes about 65 days to stick. **Drinking healthy, 59 days.** And, exercise 91 days!

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Have you ever wondered what the different colored bread tags mean? [Here's your answer!](#)

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**Think all packing tape is the same?** Guess again. Craft paper tape breaks down faster than acrylic, making recycling your Amazon boxes easier. #GoGreen today!

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Designate one day this month when the entire family can **make a meal together**. If you live away from your family, invite your friends, neighbors, or coworkers.

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Cheer on your favorite team with [healthy game-day snacks](#) as part of your menu and avoid that over-stuffed feeling you get by halftime.

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**Are you afraid of avocados?** [Here's how to cut an avocado](#) without causing bodily harm.

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For any easy and nutritious side dish, **season a whole head of broccoli** with salt, pepper, and olive oil, place in a roasting pan with ½ cup of water, and roast at 425° for 25 minutes.

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Eat this for that! Instead of pretzels, which have little nutritional value, try peanuts. They have 7 grams of energizing protein per serving.



# COMMUNITY

Fall is a fantastic time to support your community markets and festivals. **What local event is on your October calendar?**

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**October is Adopt a Shelter Dog month.** Consider becoming a foster. There is a great need for people willing to provide temporary, safe, caring homes for dogs before being made available for adoption.

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Explore your neck of the woods! **Go apple or pumpkin picking**, taste some fresh cider, enjoy a glass of wine from a vineyard, get lost in a cornfield maze, or visit a treasured park. #supportlocal #eatlocal #communitymatters

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*Post for 10/27, Black Cat Day -* **Did you know black cats are the least adopted?** Dispel the myths and superstitions associated with their color and consider adopting a new furry friend.

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**Talk to your loved ones about domestic violence** and help erase the stigma surrounding victims and survivors. You can have an informed conversation by [reading these tips](#).

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Did you know **October is Bat Appreciation Month?** There are over 1,300 species of bats, and all of them play critical roles! Some are pollinators, some control insect populations, and some help disperse seeds to help restore damaged or cleared rainforest vegetation.

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**Reminder!** Chocolate is toxic to your pets, so keep the Halloween candy out of their reach.

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Hurricane season isn't over until November 1st. If you are in the path of one, **protect yourself, your loved ones, and your property** with the steps provided on this [Hurricane checklist](#).



# HEALTH

**Flu season is ramping up.** Get vaccinated, wash your hands regularly, avoid touching your eyes, nose, and mouth, avoid sick people, and stay home if you feel sick.

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Do I need to wash my fruits and vegetables before eating? Yes! Whether you're enjoying raw or cooked produce, you should **wash all fruits and vegetables before eating** to ensure the removal of dirt and bacteria.

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Get your fitness on and go for a hike. Enjoy the crunch of leaves underfoot and **the awe-mazing colors of the fall foliage**. It'll also boost your mood! #leafpeeping #fallfoliage #nature

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Eat better this month, and throw out the cookies, chips, and all that Halloween candy! Try one of these [healthy snack alternatives](#) that can be just as satisfying.

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**Did you know your body temperature naturally drops to prepare for sleep?** You can speed up this process by cooling yourself off and keeping your thermostat between 60 and 67 degrees.

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Looking to cut calories? [Stock up on these essential foods](#) for losing or managing your weight

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*Post for 10/28* - Today is National Chocolate Day. **What's your favorite chocolate-based food?**

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**Are you looking to add more protein to your diet?** Try one of these [high-protein veggies](#).

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Blend a peeled and chopped apple +  $\frac{3}{4}$  cup apple cider +  $\frac{1}{3}$  of a cup frozen cranberries for a flavorful fall smoothie!

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**Fall into fitness** – Challenge yourself to run 1.5 miles 3 times a week. Or, eat fruits and veggies at every meal all month long. Just pick something that you usually wouldn't do and do it!



# PARENTING

**October 4th is National Taco Day**, and your kids will love this [DIY Taco Lunchbox](#) or create one of your own with their favorite taco ingredients.

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Celebrate the spooky Halloween season with [these free printable coloring pages!](#)

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**Kids and adults love the magic of Halloween!** Safety is essential to trick-or-treating, and [these tips](#) can help make a safe and happy holiday for everyone.

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Your kids will never know the healthy fiber-rich ingredient hidden in this [thick and creamy Mac & Cheese Soup](#) that's perfect for Fall!

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Skip making separate meals for you and your kids and turn [their favorite foods](#) into satisfying and nutritious meals that everyone will enjoy.

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**Halloween fun with food!** Play a spooky guessing game at your kids' Halloween party with bowls of peeled grapes (eyeballs), hot dogs (fingers), cooled cooked spaghetti (worms), dried apricots (ears), and peeled whole canned tomatoes (brains).

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Did you forget to buy a costume for your kid's Halloween Party? [Explore these creative, inexpensive, easy ideas you can make at home.](#)

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**Don't let your kid turn into a zombie!** Over-indulging in Halloween candy negatively impacts attention span, concentration, and short-term memory. So tell them to go easy on their stash!

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So many crafts, so little time! [Check out the super cute bats, glow-in-the-dark suncatchers, and 3D pumpkins](#) that'll keep the kids busy right up to Halloween!

# MEMBERSHIP

*For this month's "Ask the Dietician" video: "Is corn a fruit? Vegetable? Grain? Here's what our dietician has to say."*

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Workout challenge! **Switch up your music and change the style of your routine!** What genre of music are you listening to this week?

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**There are so many benefits of joining the Y!** We have fitness classes for the entire family, child care, and personal trainers and nutritionists to help keep you healthy. Explore the many ways the Y can help you! *(insert link to your website page with your Ys benefits)*

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*Highlight a FAQ Post - "Can I bring my child to daycare while I'm attending a class at the Y?"*  
Click here to find out: *(insert link to your website page with this information)*

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**Ask the expert video:** "When is the best time to work out? And, do workouts affect my sleep?"

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Flu season is here, so exercise and fitness are more important than ever! They're great for strengthening your body and immune system. **Join us for these daily workouts!** *(insert link to your website page with this information)*

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Let us take some of the stress away from your day! Learn about the Y's Child Care Programs. *(insert link to your website on Child Care Programs)*

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Get up 10 minutes early and start your day with a brisk walk around the block. Use the time to think about what you want to accomplish and make your to-do list.

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**Fall Challenge – Try a new routine on our state-of-the-art workout equipment,** then let us know what you think!



# TRIVIA

According to National Geographic, how many insects can a bat eat in one night?

**Answer:** a bat can eat up to 1,000 insects in an evening.

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What is Birria?

**Answer:** A Mexican dish of stewed meat seasoned especially with chili peppers.

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What is the average lifespan of an Oak Tree?

**Answer:** 700 - 1000 years!

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True or false - Zucchini is a fruit?

**Answer:** True. Zucchini, which grows on a vine, is a fruit.

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What kind of exercise helps get the blood moving?

**Answer:** Aerobic. Get your blood moving at the Y!

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What was the original name of Candy Corn?

**Answer:** Chicken Feed

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Who creates the creature in Mary Shelley's Frankenstein?

**Answer:** Victor Frankenstein

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In which play by Shakespeare do three witches say, "Double, double, toil and trouble; Fire burn and cauldron bubble"?

**Answer:** Macbeth

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What muscles are you working when you do bench press?

**Answer:** Anterior deltoids, pectoralis major, and triceps. Build up those muscles at the Y!



# INSPIRATION

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves." ~ Ann Drake

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**"When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween."** ~ Unknown

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"If it doesn't challenge you, it won't change you." ~ Fred Devito

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"A fallen leaf is nothing more than a summer's wave goodbye." ~ Unknown

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"A person should always choose a costume which is in direct contrast to her own personality." ~ Lucy, It's the Great Pumpkin Charlie Brown

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**"When black cats prowl and pumpkins gleam, may luck be yours on Halloween."**  
~ Unknown

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"Wild is the music of autumnal winds, Amongst the faded woods."  
~ William Wordsworth

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**"Blood, sweat and respect. First two you give. Last one you earn."** ~ The Rock

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"Just because I cannot see it, doesn't mean I can't believe it!"  
~ Jack Skellington, The Nightmare Before Christmas

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"Your current body is the only body that can take you to your new body — so be kind to it."  
~ Elaine Moran

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