



# Senior Nutrition News

## FUN FALL FOOD

- Apples
- Pears
- Cranberries
- Pomegranates
- Figs
- Grapes
- Potatoes
- Squash
- Pumpkin
- Chard
- Green Beans
- Eggplant
- Peppers
- Cauliflower
- Parsnip
- Onion
- Brussel Sprouts
- Broccoli
- Okra
- Cabbage
- Mustard Greens
- Mushrooms
- Leeks
- Artichokes
- Fennel
- Edamame
- Rutabaga

## NATIONAL VEGETARIAN MONTH

October is National Vegetarian Month. Benefits of eating a vegetarian diet include less saturated fats and cholesterol. This leads to reduced risk of heart disease, lower cholesterol, lower body mass index, and reduced risk of some cancers. Eating a vegetarian diet is also beneficial to the environment. Try this yummy vegetarian recipe below.



## VEGETARIAN PUMPKIN PASTA

### INGREDIENTS

- 1 lb penne pasta or other pasta of choice
- 1 ½ tbsp vegan butter (such as Earth Balance)
- 2 garlic cloves, minced
- 1 (15-oz) can pumpkin purée
- 1 (13 ½ -oz) can coconut milk
- ¾ tsp paprika
- ¾ tsp salt

### INSTRUCTIONS

1. Cook Pasta: Cook the pasta according to package directions. Once cooked, reserve a little of the pasta water then drain the pasta.
2. Heat butter and sauté Garlic: Meanwhile, melt the butter in a large saucepan over medium heat. Add the garlic and sauté for a minute or two.
3. Cook Sauce: Stir in the pumpkin purée, coconut milk, paprika and salt. Reduce heat to medium-low and simmer for 5 to 10 minutes, or until the sauce has thickened.
4. Add Pasta to Sauce: Add the cooked pasta to the pumpkin cream sauce. Stir to thoroughly combine. If you'd like to adjust the consistency, add a little bit of the pasta cooking water you reserved. If not, that can be discarded.



OCTOBER IS Fire Safety Month




**IS YOUR HOME FIREPROOF?**  
**NATIONAL FIRE SAFETY MONTH OCTOBER 7TH-13TH.**  
**OCT. 13TH NATIONAL HOME FIRE DRILL DAY.**

- ELIMINATE CLUTTER - EXERCISE GOOD HOUSEKEEPING.**
- DESIGNATE SMOKING AREAS - SMOKE ONLY IN DESIGNATED AREAS.**
- FIRE EXTINGUISHERS - CONDUCT MONTHLY AND ANNUAL EXTINGUISHER INSPECTIONS TO ENSURE THEY ARE IN GOOD, WORKING CONDITION.**
- CHEMICAL SAFETY - USE AND STORE CHEMICALS SAFELY. READ HAZARD WARNING LABELS AND SAFETY DATA SHEETS TO DETERMINE FLAMMABILITY AND OTHER FIRE HAZARDS.**
- EXITS - ENSURE EMERGENCY EXIT ROUTES ARE POSTED AND ACCESSIBLE**
- CONTACT INFORMATION - YOU SHOULD HAVE ACCESS TO A LIST OF EMERGENCY CONTACT PHONE NUMBERS IN CASE OF EMERGENCY.**

**TRIVIA**

**WHAT YEAR DID CHARLES M. SCHULZ'S CLASSIC HALLOWEEN TV SPECIAL, "IT'S THE GREAT PUMPKIN, CHARLIE BROWN," FIRST AIR?**

A. 1957      C. 1966  
 B. 1977      D. 1969



## Do you know anyone looking to Volunteer?

Volunteers of America's Meals on Wheels program is in need of friendly and dependable volunteers

We are looking for volunteers in the following counties:

- Denver
- Arapahoe
- Jefferson

Delivery routes are available **Monday-Saturday**, and usually only takes **1 to 2 hours** to complete. Can deliver **once a week, once a month, or as your schedule allows.**

Do you know anyone Interested?

Email [mowvolunteers@voacolorado.org](mailto:mowvolunteers@voacolorado.org) or call **303-356-1112** for more information!




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FOOD SAFETY REMINDER: Never wash raw meat! Washing does not eliminate pathogens; it only helps them spread around your sink and kitchen.



**Dangers of Washing Raw Meat**



**RAW MEAT OFTEN CONTAINS VERY HIGH LEVELS OF HARDY PATHOGENS LIKE SALMONELLA AND CAMPYLOBACTER. IF YOU RINSE MEAT UNDER RUNNING WATER, THE PATHOGEN-LOADED WATER COULD EASILY SPREAD TO OTHER PLACES. IT MIGHT SPLASH OVER THE SINK, YOUR COUNTER, AND OTHER FOOD-CONTACT SURFACES. THAT CREATES A MUCH HIGHER RISK OF FOODBORNE DISEASE.**