

FUN FALL FOOD

- Apples
- Pears
- Cranberries
- Pomegranates
- Figs
- Grapes
- Potatoes
- Squash
- Pumpkin

- Chard
- Green Beans
- Egaplant
- Peppers
- Cauliflower
- Parnsip
- Onion
- Brussel Sprouts
- Broccoli

- Okra
- Cabbage
- Mustard Greens
- Mushrooms
- Leeks
- Artichokes
- Fennel
- Edamame
- Rutabaga

<u>NATIONAL VEGETARIAN MONTH</u>

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
- 1½ tbsp vegan butter (such as Earth Balance)
- 2 garlic cloves, minced
- 1 (15-oz) can pumpkin purée
- 1(13 % 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.





IS YOUR HOME FIREPROOF?

NATIONAL FIRE SAFETY MONTH OCTOBER 7TH-13TH.

OCT. 13TH NATIONAL HOME FIRE DRILL DAY.

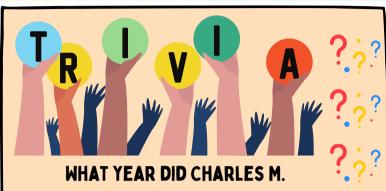
ELIMINATE CLUTTER - EXERCISE GOOD HOUSEKEEPING.
DESIGNATE SMOKING AREAS - SMOKE ONLY IN DESIGNATED
AREAS.

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.

<u>CONTACT INFORMATION</u> – YOU SHOULD HAVE ACCESS TO A LIST OF EMERGENCY CONTACT PHONE NUMBERS IN CASE OF EMERGENCY.



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 Voluteer?

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 or call 303-356-1112 for more information!





<u>Dangers of Washing</u> Raw Meat

DANGER

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.