

# Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Office of Child Nutrition

Tamara Earl, SNS, Child Nutrition Supervisor

Janelle Brunswick, RD LD, Assistant Child Nutrition Supervisor

## “What’s in” This Fall?

It’s fall and there is a bounty of fruits and vegetables available. Here are some fun ways to add seasonal produce this season!

- Shop at a nearby Farmers’ Market to get a taste of local produce.
- Try some local varieties of **apples** like Ginger Gold and Melrose in salads, cakes and pies
- **Brussel sprouts** and **cauliflower** may be baked or grilled with a dash of your favorite seasoning or sauce (such as buffalo sauce).
- **Cranberries** are tart and can add zest to salad dressings, sauces, dips, salads, breads and cookies. 
- **Dates** and **figs** are delicious on their own, and can jazz up any salad.
- Green leafy vegetables including **arugula, kale, lettuce, chard** and **watercress** can be used in salads as well as in hearty soups for added fiber, vitamins, iron, and calcium.
- **Persimmons** may be enjoyed as is, or chopped on oatmeal and in parfaits. They are sweet and have a honey flavor. 
- **Pumpkin, Squash** and **sweet potatoes** are delicious roasted and sprinkled with salt, in soups, pies or made into vegetable noodles. 

November is  **national DIABETES MONTH**

Adopt a healthful eating pattern and lifestyle, including physical activity that is enjoyable and doable to help prevent, or slow complications from diabetes.

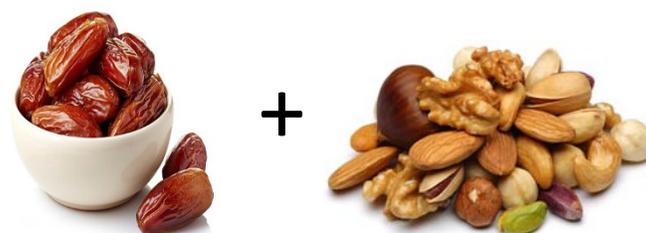
**Check out the interactive breakfast and lunch menus at [www.mcschildnutrition.com](http://www.mcschildnutrition.com)**  
**To calculate the carb count of foods on the menu, click on the “Nutrients” tab and select “Carb Count”.**

Check out [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org) for diabetes-friendly recipes.



**It’s Pie Time!**

**Try this Healthy Pie Crust Recipe**  
*Date sweetened Pie Crust*



*Combine 2 cups of your favorite seeds or nuts with half a cup of pitted dates in a food processor to form a uniform mixture. Press the mixture into a pie pan, add your favorite pie filling and bake.*