



Healthy Living With Head Start



Finding Your Fall Favorites

Although we tend to eat lighter foods and spend more time outdoors in the summer, there's no reason we can't stay active and healthy as autumn begins to settle in. Let's explore ways to keep moving as a family during the fall season:

Go for a bike ride: Explore your neighborhood or check out Oneonta Susquehanna Greenway-Silas Lane or Catella Park's New Island Greenway.

Go for a hike: Visit Glimmerglass State Park, Betty and Wilbur Davis State Park, or Robert V. Riddell State Park (be sure to double check admission fees and rates).

Fall clean-up: Spend time outside as a family while you rake leaves in the backyard.

Take the family to a pumpkin farm: A day trip to a local farm like Johnson's Farm, Cullen Pumpkin Farm, or Willy's Farm and Cider Mill will get everyone out and thinking about fall-time fun.

Take the family to an apple orchard: Visit a local cider mill like Fly Creek Cider Mill and Orchard to explore where foods come from and how cider is made.

Shop at your local farmer's market: As summer winds down, remember to stop by the farmers' market to stock up on your seasonal favorites.



Not-Bobbing for Apples

This twist on a fall tradition is a fun way to develop fine motor skills used during meal time. Scoop or grab the apples with utensils to strengthen coordination and grip while lifting them out of the water and placing them in a dish will build strength and precision. Use a variety of fall fruits and vegetables to make the game a little more challenging.

Materials Needed:

- * 2 Large tubs or bowls (one 3/4 filled with water)
- * Variety of fall fruits and vegetables (uncut)
- * Serving utensils (tongs, large spoons, scoops)

Directions:

- * Place the fruits and vegetables in the tub or bowl of water.
- * Put fewer items in the water to make the game more challenging for older children or more items for a game aimed at younger children.
- * Take turns “bobbing” using different utensils and aiming for different fruits and vegetables.



Other ways to play:

- * Bobbing Bingo - Create game cards with different fruits or vegetables in a grid, the first to bob for a full card wins.
- * Hungry Hungry Bobbers - Use a larger container, consider a small plastic pool with players spread around the outside. Time players as they collect as many fruits or vegetables as possible in a set amount of time.
- * I Spy Bobbing - Give one descriptor to the players and allow them to choose what fruit or vegetable you spy.

Making Mealtimes Memories

Roasted Pumpkin with Sage

Pumpkin is a great ingredient that is generally overlooked unless it shows up in a pie or as a decoration. Sugar pumpkins, the smaller pie pumpkins, are sweet and tender when roasted. Combining the rich flavors of pumpkin with the savory flavor of sage will fill your home and belly with warm fall flavors.

Ingredients

- 1 Medium sugar pumpkin
- 3 Tablespoons olive oil
- 1/4 Cup fresh sage leaves, roughly chopped
- Salt and pepper to taste


Directions

- * Preheat oven to 425 and wash the pumpkin to remove any dirt on the outside.
- * Prepare the pumpkin by peeling it, cutting it in half, removing the seeds, and dicing into 2-inch chunks (just like winter squash).
- * Toss pumpkin and sage in olive oil and salt and pepper until evenly coated.
- * Spread pumpkin on a baking sheet making sure to spread pieces into one layer.
- * Roast pumpkin in oven until tender (30 - 35 minutes), stirring once half way through.
- * Serve and enjoy.



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Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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