

Volume 4 Issue 11

November 2017

**Pumpkin is a yummy addition to meals & snacks!**



**Try these tasty ways to eat pumpkin!**

**Puree** (there are many recipes online or purchase plain canned pumpkin) then:

- Make pumpkin muffins
- Blend into a pumpkin-banana smoothie
- Layer with vanilla yogurt and crushed cereal

**Roast** (there are many recipes online) then:

- Add to a salad
- Toss with pasta
- Eat as a side dish

Or **roast the pumpkin seeds** with your favorite spices!

For more pumpkin ideas and recipes, visit:

<http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-pumpkin>

**November is American Diabetes Month®**

Join the *Live Well. Be Well.* team for FREE interactive diabetes prevention and education events this month:

**Shopping With Diabetes Grocery Store Tours**

Our *Live Well. Be Well.* dietitian will provide healthy grocery shopping tips for individuals with diabetes.

2 Dates and Locations!

November 1st

Time: 2:00-3:00 p.m.

Location: Lambertville Kroger  
3462 W. Sterns Rd.

November 29th

Time: 5:30-6:30 p.m.

Location: Monroe Kroger  
850 S. Monroe St.

These tours are FREE, but space is limited; please pre-register!

**Mall Walk and Talk**

Take a walk with the *Live Well. Be Well.* staff and see the difference a little exercise can have on your blood sugar! If interested, your blood sugar will be taken before and after the walk.

November 15th

Time: 8:00-10:00 a.m.

Location: Mall of Monroe  
meet in the food court

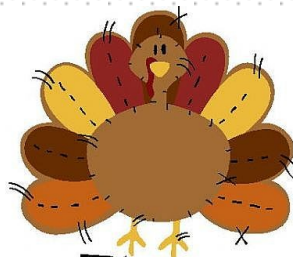
**Living With Diabetes**

Attend our diabetes group this month when our *Live Well. Be Well.* dietitian will discuss the new nutrition label.

November 15th

Time: 7:00-8:30 p.m.

Location: Monroe Home Care Shoppe



Happy Thanksgiving

**To pre-register and for more info on Live Well. Be Well.**

**programs and events,  
call 734-240-7800**

**or email**

**LiveWell\_BeWell@  
monroemi.org**