

October 2022

# EAT BETTER FOR LESS

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## Walking on Sunshine - And It Feels Good!



Walk to School or Work Day is the first Wednesday in October. This year, it falls on Oct. 5, but you don't have to schedule it for just one day. Plan to walk to school or work at least once a week in October.

Walking is FREE and is a great way to start being more physically active. It can be done just about anywhere and doesn't require special equipment, just comfortable clothes and good shoes. As you get started with a walking plan, consider these ideas:



### Think baby steps.

If you have not been active for a while, don't think you have to walk miles and miles. Start slowly, but be consistent. Walk every day even if it is only a block or two at first.



### Get the kids involved with a game of "Follow Me!"

The goal of this game is to follow a partner as close as possible, without running into them, or anyone else. Take turns choosing who gets to be the leader.

### Posture perks.

As you are walking, think about your posture. Keep your head up, tummy in, and shoulders relaxed. Swing your arms naturally. Select your own comfortable, natural step length.



### Pumpkin Smoothie

#### Ingredients

- 2/3 cup low-fat vanilla yogurt or 1 container (6 ounces)
- 1/4 cup canned pumpkin
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg (optional)

#### Directions

1. Combine all ingredients in a bowl or blender.
2. Mix until smooth and serve. Refrigerate leftovers within 2 hours.



For more money-saving tips or to sign up for our free classes, visit [www.eatgathergo.org](http://www.eatgathergo.org).



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Nutrition Education Program



<https://food.unl.edu/newsletter/family-fun-run/start-walking>, <https://food.unl.edu/food-calendar/october/walk-school-day>  
<https://www.eatgathergo.org/recipe/pumpkin-smoothie-in-a-cup/>

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