

Fall into a Healthy Routine

Autumn is often thought of as a “new year”. It marks the end of summer and the start of routine. This feeling isn’t just for those who are going back to school after a summer off. Autumn is a great time for children and adults alike to make positive changes to improve their health.



Nutrition Information per Serving:

Small snacks give you energy and may also prevent you from eating too much at your next meal. Healthy snacks are especially important for children. They will help keep your child alert and provide energy to learn and play.

- Choose snacks that count as servings from the food groups in Canada’s Food Guide. A copy of Canada’s Food Guide can be found at Health Canada (www.hc-sc.gc.ca).
- Prepare snacks from one or two food groups. You may not need full servings.
- Put snacks on your grocery list so you have healthy items on hand.
- Limit snacks that are high in calories, fat, or sugar. Give as treats on special occasions only.
- Help your child decide which snacks are the best choices at the canteen or cafeteria.

Make it easy for your family to choose healthy snacks. Be sure to plan and do some of the work ahead of time (cut up vegetables or bake muffins, etc.). Do this on a day when you have more time.

Here are some healthy snack options:

- Vegetables and dip
- Dry cereal mixed with raisins, mini chocolate chips and sunflower seeds
- Small muffin and an apple
- Cold Penne Greek Pasta (see recipe on page 2)
- Light or air popped popcorn
- Plain granola bar and a peach
- Cut up melon and cheese
- Rice crackers and salsa
- Whole wheat pita and hummus
- Broccoli salad and a whole wheat roll

Food of the Month

Fall in love with pears!

There are many kinds of pears, such as Bartlett, Anjou and Bosc. This is a great time to try different kinds and decide which ones your family likes best.



Pears are one of the few fruit that ripen best after they are picked. To check for ripeness, gently press the neck of the pear (stem end). It should be firm with some give.

Ripen pears at room temperature in a paper bag. Once they are ripe, use them right away or store in the fridge for 3-5 days.

Use pears in different ways:

- Add to smoothies or fruit salad
- Top a spinach salad
- Place on the grill
- Add as a pizza topping
- Place in a grilled cheese sandwich
- Have as a snack

In Your Sobeys Store

Convenience foods can be healthy! Shop the produce department for pre-cut vegetables and fruits. They are great to have on hand for fast snacks throughout the week.

Penne Greek Pasta

Serves 8

Ingredients:

2 cups	500 ml	Penne pasta, whole wheat
1½ cups	375 ml	Tomatoes, grape
1 cup	250 ml	Baby spinach
2 cups	500 ml	English cucumber, diced
2 tbsp	30 ml	Lemon juice
1 tsp	5 ml	Lemon zest
¼ cup	60 ml	Salad dressing, Greek vinaigrette
1 cup	250 ml	Feta cheese
¼ tsp	1 ml	Pepper
2 tbsp	30 ml	Green onion, chopped
½ cup	125 ml	Black olives, pitted, sliced

Directions:

1. Cook pasta according to package directions, leaving out the salt. Drain and set aside.
2. Mix the rest of the ingredients together in a large bowl.
3. Add cooked pasta to mixture and chill before serving.

Nutrition Information per Serving:

Calories	179
Fat	7 grams
Carbohydrate	23 grams
Fibre	4 grams
Protein	7 grams
Sodium	303 milligrams

Did you know?

You can buy canned pears packed in water or fruit juice instead of syrup. These are perfect for lunch boxes or quick snacks!

Chef's Corner

Fall can be a busy time with new routines and full days. Try batch cooking to save time during the week. Choose a day when you can enjoy cooking and have time to make extra food for the days ahead.

Casseroles are a time saver for busy families. These one dish meals can be prepared in advance and then heated on busy days when you don't have time to cook.

Many casseroles can be frozen for even longer storage. Lasagna, chili and stew all freeze well.

Buy freezer bags or containers in different sizes. Use a container that just fits your food so you don't waste space in your freezer. When freezing foods in freezer bags, lie flat and freeze for easy stacking and quick thawing.



Pharmacy Corner



Need a little help making the medicine go down? Does your little one only like grape?

Ask your Sobeys Pharmacist about FLAVORx. This is a service offered by Sobeys Pharmacy to make liquid prescription or over-the-counter medicines taste less "yucky" without changing how they work.

Choose from a variety of flavours including banana, bubblegum, berry, watermelon, grape and many more.

Help Others Improve Their Health

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