



HEALTHY YOU FOR LIFE



FALL 2026

Protect Your Health this Fall

Get enough sleep

Sleep is important for academic performance, physical health, and mental health. The AAP and NIH recommend the following amounts of sleep every night:

- 3-5 years old: 10-13 hours
- 6-12 years old: 9-12 hours
- 13-18 years old: 8-10 hours
- 18+ years old: 7-9 hours

Eat foods that support immunity

See page 3 for foods that help!

Stay up to date on vaccines

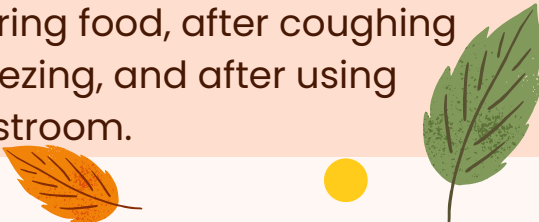
Ask your doctor about recommended vaccines, such as the flu vaccine.

Follow food safety

Put leftovers away within 2 hours after a meal to reduce the risk of food poisoning.

Wash your hands

Before eating, before preparing food, after coughing or sneezing, and after using the restroom.



Welcome to Healthy You!

Kara S.

RN Specialty Clinical Supervisor

Is your school nut-free?

Sunflower butter is a great nut-free alternative to peanut or almond butter for sandwiches, snacks, and baked goods. Make sure to still check the label for warnings about possible contamination with nuts, though!



Did you know...?

One ounce of pumpkin seeds provides 4mg of iron and over 25% of your daily magnesium needs!



Healthy Halloween!

Candy, Candy, Candy

Here are some ideas to help you eat a little less candy while still having plenty of spooky fun:

The Teal Pumpkin Project

Visit foodallergy.org to find out more about the TPP. On the site, you can:

- Register your home as a spot where kids can receive non-food treats. Ideas include: beaded bracelets, bubbles, stickers, or toys.
- Use the TPP Map to find houses in your area that give out non-food treats. Have fun trick-or-treating, but with a little less candy.

The “Switch Witch”

Kids leave their candy haul out for the Switch Witch overnight and wake to find a new toy, game, or other non-food items.



Fundraise for UNICEF

Instead of candy, collect spare change in an official UNICEF trick-or-treat box. Money collected will be used to help children around the world have access to safe water, education, and more!

Trick or Teeth!

Many dentists participate in a Halloween candy “buy back.” Kids can bring their stash to trade in for toys and even gift cards! Call your dentist to see if they participate!

Did you know...?



Most families walk between 1 and 2 miles while Trick-or-Treating. That’s between 2,000 and 4,000 steps!

Food for thought...

Eat for Immunity

Help protect yourself against cold and flu season by choosing foods rich in nutrients that keep your immune system in fighting shape!

Zinc

Found in meats, seafood, nuts, beans, and tofu.

Vitamin C

Found in citrus fruits, tomatoes, bell peppers, berries, and broccoli.

Beta Carotene

Found in orange vegetables like carrots, sweet potatoes, and pumpkin. Also found in spinach, mango, tomatoes, and broccoli.

Vitamin D

Found in fatty fish (like salmon), eggs, milk, and fortified juices.



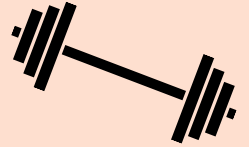
Attack of the Snacks!

Snacking has become a favorite pastime for many kids. Snacks on the bus, in class, after school, in the car, before bed, and “just because.”

Snacks can be an important way for hungry kids to sneak in some extra nutrition, but it is very important to keep the following things in mind when choosing and serving snacks:

- Snacks should not replace balanced meals. Snacks that are too large or too close to meal times can prevent kids from eating balanced family meals.
- Snacks should be full of nutrients and not a lot of saturated fat, added sugar, and salt.
- Portion size matters! Check the label to see how many servings are in one package. You may be surprised.

Builder Buddies



Starting a fitness journey can be exciting, but staying committed is often the biggest challenge. One of the best ways to remain consistent and motivated is by working out with a gym buddy. A reliable workout partner can make exercise more enjoyable while helping you reach your fitness goals faster.

Accountability: It's much harder to skip a workout when someone is counting on you to show up. On days when motivation is low, having a partner encourages you to stay on track in your routine.

Performance: Friendly competition often pushes both people to work a little harder, lift a little heavier, or complete a few more repetitions than they would on their own. This extra effort can lead to better results over time, increased consistency, and confidence in your progress.

Safety: During strength training, a gym buddy can act as a spotter, helping prevent injuries and providing assistance during challenging lifts. A lifter feels more confident trying new movements or heavier weight if they have a spotter. They can also offer feedback on your exercise form, reducing the risk of improper technique or frustration in the movements.

Enjoyment: Conversations between sets, shared accomplishments, and celebrating progress together can turn a routine workout into a fun and rewarding experience. When fitness feels enjoyable, it's easier to make it a long-term lifestyle.

Mental Support: Fitness journeys often include setbacks, plateaus, and moments of self-doubt. Having someone who understands your goals and encourages you during difficult times can make a significant difference in maintaining a positive mindset and continuing your journey.

In conclusion, having a gym buddy offers many benefits, including increased accountability, improved performance, enhanced safety, greater enjoyment, and ongoing support. If you don't have someone available to go with you to the gym or wherever you exercise, a simple daily text to a friend or shared calendar can go a long way in your motivation to continue.

Whether you're new to fitness or an experienced athlete, partnering with someone who shares your commitment can help you stay motivated and achieve lasting success.



Article by Caleb our Exercise Specialist

Recipes to Try...

Pumpkin Pie “Dessert” Hummus *(adapted from State of Dinner)*

- 1 can of chickpeas (14-15 ounces)
- 1 can of pumpkin puree (15 ounces)
- ¼ cup maple syrup
- 1 tbsp pumpkin pie spice (cinnamon, clove, ginger, nutmeg)
- 1 tsp vanilla extract
- Drain chickpeas, reserving liquid (aquafaba). Rinse chickpeas to reduce salt.
- Add all ingredients (except aquafaba) to blender.
- Blend mixture until smooth; Scrape sides of blender as needed.
- Add ¼ cup of reserved aquafaba to blender mixture; blend. If thinner consistency is desired, add more aquafaba 1 tbsp at a time until desired consistency.
- Serve with Sliced apples, whole grain graham crackers, or whole grain pretzels for dipping.
- Refrigerate leftovers; Use within 5 days.

“Thanksgiving” Infused Water

1 sliced orange
1 sliced lime
1 apple, thinly sliced
4 cinnamon sticks
½ cup cranberries
4 **sprigs** of rosemary
Water (filtered or sparkling)

Add all ingredients to 1 gallon pitcher.
Top with water.
Refrigerate overnight to infuse.
Refill water as needed.
Enjoy within 4 days



Did you know...?

Eating a sweet potato with its skin provides more important nutrients that may be missing from the typical American diet.

Sweet Potato (1 medium)	Without skin	With skin
Fiber	3.8g	6g
Magnesium	27mg	49mg
Potassium	347mg	855mg
Calcium	41mg	68mg
Protein	2g	3.6g