

Peas and Carrots

Fall Edition M11-PY09



Thanksgiving Fun Facts

- ◆ 250 million turkeys will be raised in the US this year
- ◆ 709 pounds of cranberries will be produced in the US in 2009
- ◆ Illinois was the top US producer of pumpkins in 2008 (496 million pounds)

Source Cite: http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/014332.html

“Gratitude is the heart’s memory.” - French Proverb

Pumpkin Pie

FILLING

- 3/4 c. packed brown sugar
- 3/4 tsp. pumpkin pie sauce
- 1/4 tsp. salt
- 1 can (12-ounce) evaporated low-fat milk
- 2 large egg whites
- 1 large egg
- 1 can (15 ounce) unsweetened pumpkin



CRUST

- 1/2 package (15 ounce) refrigerated pie dough
- cooking spray

TOPPING

- 1/4 c. whipping cream
- 1 tsbp. Amaretto (almond flavored liqueur)
- 2 tsp. Powdered sugar

Instructions

1. Make sure oven rack is in the lowest position.
2. Preheat oven to 425°.
3. Combine the first six ingredients in a large bowl and stir with a whisk. Add pumpkin and stir with a whisk until smooth.
4. Roll the dough into an 11” circular pan and place into a 9” pie plate coated with cooking spray. Fold edges under and flute.
5. Pour pumpkin mixture into the crust. Place pie plate on a baking sheet and place in the oven.
6. Bake at 425° for 10 minutes. Bake for an additional 50 minutes at 350° or until the whole pie is almost set. Cool the pie on wire rack.
7. To prepare topping, beat cream with a mixer at high speed until stiff peaks form. Add the amaretto and powdered sugar and beat until blended.

Source Cite: http://find.myrecipes.com/recipes/recipefinder.dynaction=displayRecipe&recipe_id=549931=Recipe_id=1918518

“Peas & Carrots” is created and developed by the
Indiana Family & Social Services Administration, Division of Aging



*“People
helping people
help
themselves”*



Healthy Fall Foods

With the arrival of fall, many Hoosiers are craving seasonal a more seasonal diet. There are a variety of healthy foods that are currently in season. Two examples are pumpkins and apples. Pumpkins are a great source of carotenoids, which help fight cancer and heart disease. Another fruit that many enjoy this time of year are apples. Not only are apples low in calories, but they are also high in fiber and vitamin C. In addition, if you are craving a salad, pecans are a great topping and an excellent source of potassium and folic acid.

Source Cite: http://exercise.about.com/od/weightloss/ss/fallintofitness_5.htm



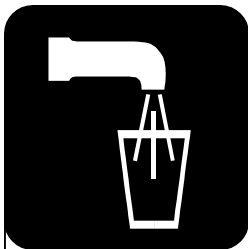
Fall Fun Word Search

N	D	X	P	S	A	N	P	S	N	R	G	Z	D	E
R	O	I	U	A	G	U	P	H	N	K	N	M	V	H
Y	E	V	R	F	M	C	Q	O	S	A	I	Y	L	M
X	N	U	E	P	B	O	O	P	T	S	V	E	Y	J
M	R	E	K	M	R	O	R	P	E	B	I	K	S	K
Q	G	I	R	J	B	L	F	I	K	F	G	R	K	E
I	N	R	E	U	P	E	R	N	E	Y	S	U	L	Y
S	E	V	A	E	L	R	R	G	L	G	K	T	M	R
Y	T	R	A	V	E	L	L	I	C	Q	N	A	T	V
Z	V	Z	L	B	Y	G	M	S	P	Z	A	A	Q	U
W	C	F	N	R	J	A	A	F	P	G	H	V	R	P
K	G	A	R	V	F	L	C	O	D	A	T	J	D	O
P	R	N	J	U	X	U	G	H	C	L	R	C	S	U
C	F	O	O	T	B	A	L	L	I	L	A	T	W	O
R	G	I	T	N	N	J	K	R	C	A	Q	U	R	S

Words to Find

COOL
 CRANBERRIES
 FAMILY
 FOOTBALL
 GRAVY
 LEAVES
 NOVEMBER
 ORANGE
 PIE
 PUMPKIN
 SHOPPING
 THANKSGIVING
 TRAVEL
 TURKEY

Source Cite: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>



Water Wellness

Many older adults do not drink the amount of water they need in order to stay hydrated. A common reason is a tendency to lose the ability to tell when they are thirsty. In order to avoid dehydration, follow these helpful tips to stay hydrated and healthy:

- * Because caffeine can take away some of the water stored in your body, drink decaffeinated coffee and tea or flavored water in place of caffeinated beverages.
- * Always have water available wherever you go.
- * Stop at every water fountain you see to take a sip.

Source Cite: <http://miami-dade.ifas.ufl.edu/old/programs/efnep/publications/Why%20is%20it%20important%20to%20drink%20water.pdf>