





Breakroom Buzz


October is National Apple & Pumpkin Month

 90-95% of the processed pumpkins in the United States are grown in Illinois on around 12,300 acres

 Two pounds of apples make one 9-inch pie.

 The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.

 Apples are fat, sodium, and cholesterol free. A medium apple is about 80 calories. Apples are a great source of the fiber pectin. One apple has five grams of fiber.

 1 cup of pumpkin has close to 200% of the recommended daily value of vitamin A

Find more information at University of Illinois Extension Websites [Pumpkins and More](#) & [Apples and More](#).



Trick or Treating Safety Tips

Make sure costumes fit; ill-fitted costumes can cause youth to trip and fall.

Makeup and face paint are a good alternative to masks. Masks can hinder breathing and vision.

Stay in familiar neighborhoods and only visit homes with a porch light on.

Do not eat treats until inspected at home. Throw away any open treats, or things that look like they've been tampered with.

Source: Susan Sloop, Extension Educator, Youth Development

Pumpkin Chili

Makes 10 Servings



Nutrition Facts (per 1 cup serving): 227 calories, 8 g. fat, 345 mg. sodium, 28 g. carbohydrate, 9 g. fiber, 15 g. protein

- 1 lb. lean ground turkey
- 1 small white onion, washed and diced
- 3 tsp. garlic, minced
- 1 Tbsp. olive oil
- 15 oz. can pumpkin puree
- 29 oz. can tomato puree
- 4.5 oz. can green chilies
- 15 oz. low sodium black beans, drained
- 15 oz. low sodium kidney beans, drained
- 1 cup skim milk
- 1 tsp. dried parsley
- 2 Tbsp. chili powder
- 1 tsp. oregano
- 2 tsp. cumin

1. Wash hands with soap and water. Over medium heat, brown turkey, and cook until turkey reaches an internal temperature of 165°F. Drain excess fat.
2. Add olive oil and sauté garlic and onions until onions are translucent.
3. Add remaining ingredients. Cover and bring to a boil. Reduce heat and simmer for 25-30 minutes, stirring occasionally. Add milk.
4. Serve with non-fat Greek yogurt or a dollop of hummus and whole wheat crackers.

I Didn't Know That!

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month.

According to the National Institute for Mental Health, Boys are diagnosed two to three times as often as girls, but about 4.2% of girls have received a diagnosis of ADHD at some point in their life. Below is information about ADHD:

- Women and girls with ADHD have a higher incidence of depression and anxiety. Sometimes ADHD diagnosis is missed because of the focus on other symptoms.
- Not all people with ADHD are hyperactive. Inattentive symptoms can easily be overlooked or misperceived.
- Individuals can concentrate when they are interested or intrigued by what they are doing.
- It really is a problem with the chemical dynamics of the brain and it's not under voluntary control.

A person's gender, family history, prenatal risks, environment toxin, and physical differences in the brain are factors that appear to increase a child's likelihood of having the disorder.

For more information on ADHD visit: www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/

Source: Adapted from adhdawarenessmonth.org by Tessa Hobbs-Curley, Family Life Educator