



Events this Week

Come to the Farmer's Market every Tuesday from 2:30 to 6:30 PM outside the old hospital entrance. The last market will be on Halloween!

Walk & Win

The University campus has walked 6,163 miles along the Appalachian Trail so far. Great job!

Remember to send us your totals every week!

To purchase a pedometer, visit the Step Ahead office at S7-746.

WORKSHOPS Quick & Healthy Dinners

Tuesday, October 24th
12:00 – 12:30 PM
S7-308

Goal Setting Quick Tips Display

Thursday, October 26
3:30-4:30 PM
Old Hospital Lobby

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at info@stepaheadprogram.com.

Healthy Halloween!

How can you celebrate Halloween while keeping the temptation of sugary treats to a minimum? Here are some tips to follow before, during, and after Halloween.

Tricks

- Buy your treats close to Halloween day so that you can't nibble.
- Purchase candy that you don't like.
- Buy less than you think you might need, and give it ALL away.
- Visit party stores to look for fun and unusual treats that are not candy (see **Treats** below).

Treats

Look beyond traditional Halloween candies when choosing hand-outs for neighborhood children. Think about treats that children enjoy, and that are also healthy. It is best to not make homemade treats, for parents may discard them. Here are some fun and healthy ideas:

Silly and Fun Treats:

- Whistles and noise makers
- Stickers
- Rubber spiders/worms
- Bubbles

- Fun pencils or erasers
- Silly rings
- Pennies or nickels

Sweet and Food Treats:

- Sugar-free chewing gum
- Packages of cheese and crackers
- Cheese sticks
- Packages of raisins
- Packages of instant cocoa
- Granola bars
- Small bags of pretzels
- Fruit leather/roll-ups
- Lollypops (they are hard to over-eat)

After Halloween

After Halloween, resist the temptation to purchase candy that is on sale. Also, DO NOT bring left-over candy to work to tempt yourself and coworkers. Instead you can:

- Throw it out!
- Store it in the freezer for small treats later
- Donate it

If you want something sweet, the small packages that are sometimes used for Halloween are great for helping control the portion size.

Here's to a fun and healthy Halloween!

Recipe of the Week

Mediterranean Chickpeas with Vegetables

Hearty meal on chilly evenings. Have leftovers for lunch the next day.

Serves 4

- 1 Tbsp. olive oil
- 1 cup diced onion
- 2 garlic cloves, minced
- 2 tsp. dried basil
- ½ tsp. black pepper
- 2 bay leaves
- 1 (28 oz) can diced tomatoes, undrained
- 1 can chickpeas (garbanzo beans), rinsed and drained
- 2 cups diced zucchini or chopped Swiss chard or kale
- 1/3 cup grated parmesan cheese

- Heat oil in large nonstick skillet over medium-high heat until hot. Add onion and garlic; sauté 3 minutes.
- Add basil through tomatoes. Bring to boil, and reduce heat to medium.
- Cook 5 minutes, stirring occasionally.
- Add chickpeas and, cook 3 minutes stirring occasionally.
- Add zucchini or greens and cook for 3 minutes or until vegetables are tender.
- Discard bay leaves.
- Garnish with grated parmesan cheese

Nutritional Information:

Calories: 339
Saturated Fat: 1.5g
Dietary Fiber: 11g
Total Fat: 8g
Carbohydrates: 54g
Protein: 16g

Goal of the Week

There are only 2 more weeks to go our Walk & Win Challenge! Keep up the hard work! See if you can extend your workout time each day by 10 minutes for 1,000 extra steps.

To learn more about Step Ahead visit www.stepaheadprogram.com