

Events this Week

**Farmers' Market
Tuesday,
October 16:**
1:00 – 5:00pm
On the Terrace
outside the Medical
School Entrance

Move Outdoors!
Stop by our table for
tips on a variety of
activities to keep you
moving outdoors in
the nice weather.

**Thursday,
October 18:**
11:30AM – 1:30PM
Cafeteria

If you are
participating in our
Walk and Win
challenge, please
remember to send in
your activity sheets
for week 4.

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@stepahead
program.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
- Coins

Sweet and Food Treats:

- Sugar-free chewing gum
- Packages of cheese and crackers
- Cheese sticks
- Packages of raisins or other dried fruit
- Packages of instant cocoa
- Granola bars
- Small bags of pretzels
- Fruit leather/roll-ups
- Lollypops (it's hard to eat too many!)

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

Chickpea Burgers & Lemon Yogurt Sauce Makes 4 Burgers

- 1 15-ounce can chickpeas, rinsed & drained
- 3-4 scallions, sliced
- 1 egg white
- 2 Tablespoons whole wheat or white flour
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 2 teaspoons olive oil or non stick spray
- 4 large pitas cut in half

- Lemon Yogurt Sauce:
- ½ cup low-fat plain yogurt
 - 1 ½ Tablespoons lemon juice
 - ½ cup chopped parsley

- Place chickpeas, scallions, egg white, flour, oregano, cumin and salt in a large mixing bowl or food processor. Mix or pulse until coarse mixture forms that holds together when pressed. Form into 4 patties.
- Heat oil in a large nonstick skillet over medium-high heat. Add patties and cook until golden 4 to 5 minutes. Flip and cook until golden brown, 2 to 4 minutes more.
- Serve burgers in pita halves with lemon yogurt sauce and sliced cucumbers.

Nutritional Information – per burger:

Calories: 260 Carbohydrates: 41g
Fat: 5g Fiber: 8g
Saturated fat: 0.7g Protein: 14g

Recipe adapted from *Healthy in a Hurry* by Eating Well

Goal of the Week

Try something new in your physical activity routine. For example, walk faster than you usually do, or add different stretch or strength-training exercises.

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