

# DID YOU KNOW?

## October is:

- › Dental hygiene month
- › National bullying prevention month
- › World Food Day (October 16th)
- › International Infection Prevention Week (October 14-20)
- › National Health Education Week (October 15-19)



When you eat foods that are rich in warm, autumn colors (think greens, yellows, and oranges), you are absorbing the energy of the earth. The more colorful the fruit, the better it is for your health and immune system.

Pumpkins are protein and fiber-rich and packed with health-promoting nutrients like beta-carotene and potassium.

Just half a cup of the seeds have close to your entire daily value of magnesium!

Beta-carotene is important for Vitamin A, which is necessary for healthy skin, our immune system, and good eye health and vision.

Potassium keeps our blood pressure consistent, helps our muscles move, helps our nerves work, and helps with kidney function.

Magnesium also helps regular muscle and nerve function, blood sugar levels and blood pressure, and makes protein, bone, and DNA.



## **Remember**

Drink plenty of fluids

Eat your autumn colors

Wash your hands with soap and water

Move around!

Get enough rest so you can tackle the next day all over again!

Keep your Halloween treat to one a day to save plenty for the entire month!

Spending time outdoors increases your Vitamin D levels, makes you happier, and improves your concentration.

