Welcome Everyone!

We have an exciting fall semester ahead of us! We have a lot of events planned, including our annual celebration of Food Day! We will be hosting Food Day in the E-Atrium on October 30, 2013 at 2:00pm. We will have a farmer’s market, cooking demonstrations and information tables all encouraging everyone to Eat Real!

Additionally, October is Breast Cancer Awareness Month! So we are encouraging students to spread awareness, share information and encourage all women to take charge of their health.

October is a beautiful fall month full of exciting events celebrating the season. We encourage all students to take part in as much as possible, because before you know it, the trees will be bare!

The Food and Nutrition club meetings will be on Wednesday’s in room E-222 from 2:15pm-3:30pm. We are looking forward to seeing everyone there to help us plan for a fantastic fall!

Best,
Deborah Adamo
President

Calendar

| October 2013 | Breast Cancer Awareness Month |
| October 14 | Columbus Day- No Classes |
| October 17-20 | NYC Wine & Food Festival |
| October 20 | Grub Street Food Festival |
| October 24 | National Food Day/Big Apple Crunch! |
| October 30 | Food Day at LAGCC! |
| October 31 | Happy Healthy Halloween! |

The Big Apple Crunch is an attempt to set the world record for the "Most Participants in an Apple-Crunching Event." This event will take place on FOOD DAY - October 24, 2013. New Yorkers can participate by finding a crunch near you: at any of GrowNYC’s Greenmarket Farmers' Markets or another location near you or by hosting a crunch yourself! We want it to be the crunch heard 'round the world! Register your team at bigapplecrunch.com!

Food Day is a nationwide celebration of healthy, affordable, and sustainably produced food and a grassroots campaign for better food policies. It builds all year long and culminates on October 24th. At LaGuardia, we will be celebrating Food Day on October 30th. Food Day aims to help people Eat Real. That means cutting back on sugary drinks, overly salted packaged foods, and fatty, factory-farmed meats in favor of vegetables, fruits, whole grains, and sustainably raised protein. Food Day envisions shorter lines at fast-food drive-throughs—and bigger crowds at farmers markets. In 2013, Food Day has a special focus on activities aimed at teaching kids to cook. We’ll never be able to match the resources of America’s junk-food manufacturers that discourage cooking. But with our help, and armed with just a dozen or so basic, healthy recipes kids can begin to reclaim their health.

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http://www.foodday.org
October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

http://www.nationalbreastcancer.org/breast-cancer-awareness-month

Easy Homemade Applesauce!

**Ingredients:**
- 6 apples, peeled and chopped
- ¼ teaspoon cinnamon
- ½ cup of water to cover the bottom of the pot

**Directions:**
1. Place all ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with lid.
2. Simmer apples for about 20 minutes or until soft. The smaller the pieces of chopped apple, the faster the cook time.
3. Remove from heat and mash with a potato masher for a chunkier applesauce, or put in a blender for a smoother texture.

http://www.kimshealthyeats.com/easy-homemade-applesauce/

Happy Healthy Halloween!

This year, consider mixing up the candy bowl with some of these items:
- Whole-grain cheddar flavored crackers
- Fruit snacks made with 100-percent fruit with added vitamin C
- Sugar-free gum
- Animal-shaped graham crackers made without trans fat
- Mini rice cereal treat bars
- Cereal bars made with real fruit
- Mini 100-percent fruit juice boxes
- Low-fat pudding cups
- Baked, unsalted bags of pretzels
- Halloween-themed stickers, pencils and temporary tattoos.

http://www.eatright.org/Public/content.aspx?id=6442478341

In Memory of
Professor Bette Cohen
6/25/51 - 9/26/13

Food and Nutrition Programs
LaGuardia Community College

To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded.

-Ralph Waldo Emerson