



Eat Better, Eat Together



October is National “Eat Better, Eat Together” month and October 10th is World Mental Health day. The two celebrations are connected, with over thirty years of research demonstrating that regular family meals result in improved social-emotional well-being, increased self-esteem, and a lower risk of depression. Families who eat together can also benefit from improved diet quality, including an increased intake of fruits, vegetables, and whole grains and a decreased likelihood of dieting. Try these simple steps to make family meals happen more often in your home.

5 Ways to Support Family Mealtimes

1. Schedule meals together at least once a week. Choose a time when everyone can join. It does not have to be dinner—breakfast or lunch are fine as long as you're together.
2. Plan the meal in advance. Having meals planned and ingredients available will make it easier to follow through, especially on busy nights.
3. Get everyone involved. Even young children can help by setting the table, washing fruits and vegetables or mixing ingredients.
4. Keep mealtimes enjoyable, focus on positives, and try and avoid disagreements or arguments at the table or power struggles over food.
5. Disconnect from technology; put away the phone, turn off the TV and shift the focus to each other. This encourages everyone to engage, connect more deeply and feel like they are being heard—that they are truly valued.



Upcoming Events

Food Safety Training

For information contact:
 Sierra Puwalski or Caleb Miller
 at:
 631-873-4775.

Senior (60+) Food Distributions

Please call for income eligibility requirements and registration.
 at: 631-873-4775.

Nutrition Workshops

Topic: Label Reading as a Healthy Eating Tool
When: October 8TH, at 1 pm
Where: 126 Spagnoli Rd., Melville



Food & Mood

October 10th is World Mental Health day and according to the World Health Organization, depression is one of the leading causes of ill health and disability around the world. A growing body of evidence highlights diet as a major factor in good mental health. Several studies point to a Mediterranean style eating pattern as particularly protective and effective in reducing depressive symptoms. This is not surprising given that the traditional Mediterranean diet includes many food-mood superstars, including, plenty of vegetables—especially leafy greens, fruits, fatty fish, nuts and seeds, and heart-healthy fats like olive oil. Learn more about how to follow a Mediterranean style eating plan here: [Mediterranean Diet 101](#)





NUTRITION & HEALTH RESOURCE CENTER

Meal Planning, Shopping and Budgeting

This USDA site provides information that supports home cooking, including links to a number of different sites that offer guidance on menu and meal planning, shopping and budgeting: [Meal Planning Tips](#)



Home Cooking

This site provides helpful information on the benefits and pleasures of cooking, overcoming obstacles to home cooking, tips for getting started and links to other cooking support sites.

[Home Cooking](#)



Curried Red Lentil-Pumpkin Soup



Ingredients

- 1 large, sweet onion, finely chopped
- 4 garlic cloves, minced
- 1 tsp. curry powder
- ½ tsp. coriander
- 2 celery stalks, diced
- 3 carrots, chopped
- 2 cups dry red lentils
- 8 cups low-sodium vegetable broth
- 3 ½ cups pumpkin puree
- ½ cup cilantro, washed and pat dried
- Salt (optional) and pepper to taste

Directions

1. Sauté onions, garlic and spices for 2 minutes.
2. Add carrots and celery; cook for 2-3 more minutes.
3. Add lentils and vegetable broth, stir, and bring to a boil.
4. Lower heat and simmer for 25 minutes.
5. Add the pumpkin puree and simmer for 5 more minutes. Serve topped with fresh cilantro.

Pumpkin & White Bean Hummus

Ingredients

- 2-15 oz. cans white beans (cannellini beans), rinsed and drained
- 15-ounce can unsweetened pumpkin
- 2 tbsp. Tahini (optional)
- 2 cloves garlic
- ¼ tsp. salt (optional)
- 2 tbsp. lemon juice
- 1 tsp. ground cumin
- ¼ cup olive oil
- ¼ tsp. paprika



Directions

1. Place all ingredients in a food processor or blender and blend until smooth and creamy. If the hummus is too thick add more olive oil.
2. Serve with variety of vegetables or whole-grain crackers.