

MCQUINN NATUROPATHIC

OCTOBER 2018 NEWSLETTER

HALLOWEEN SAFETY TIPS



1. Walk safely-watch out for cars backing up
2. Trick or treat with an adult- especially for kids under 12 years old
3. Costumes should be creative and safe. Try to add on reflective tape or stickers; have kids carry glow sticks or flash lights; make sure the costume isn't too big to prevent trips and falls
4. Try to use non-toxic makeup instead of a mask- masks can limit visibility
5. Do not use decorative contact lenses
6. Drive carefully

REDUCING FOOD WASTE

Eating healthy, especially organic, can become really expensive for an individual or a family. More than one-third of all food produced globally is wasted or spoiled. Americans throw away up to 40% of the food they buy leading to both unnecessary food waste, but also unnecessary added expense for buying food. Here are some tips to help try to reduce food waste:

- *Be prepared for a grocery trip.* Meal plan for the week, create a list, and stick to the list
- *When cooking- don't over-serve food.* Use smaller plates and make sure that portions for meals are reasonable
- *Save and eat leftovers.* Leftovers make great lunches for the next day OR freeze leftovers for ready meals on a busy day
- *Store food in the right places*



- *Keep track of what you throw away*
- *Donate to food banks and farms*
- *Try canning and pickling*
- *Try composting*
- *Avoid clutter in the fridge, pantry, and freezer*

Adapted from: <https://mashable.com/2015/02/15/food-waste-tips/#.9A6xqNdZgqd>

The greatest compliment or thanks we could receive would be a referral from you of a friend, coworker or family member.

Grain Free Apple Crisp

Ingredients

- 4 apples
- 2 tsp lemon juice
- 1 Tbsp vanilla extract, divided
- 1 Tbsp cinnamon, divided
- 1/2 tsp nutmeg
- 1 cup almond flour
- 1/4 cup coconut oil
- 1/2 cup pecans, chopped

Directions

Preheat oven to 400 degrees.

Core, peel, and thinly slice the apples. Toss the apples with the lemon juice and 2 tsp vanilla extract. Add 2 tsp cinnamon, and nutmeg and toss again. Place in an 8x8" baking dish.

Melt the coconut oil, then mix in the almond flour, pecans, and 1 tsp cinnamon.

Sprinkle over the apples, then sprinkle the remaining 1 tsp vanilla extract over everything.

Bake at 400 degrees for 20 minutes covered, then another 10-20 uncovered.

Adapted from:
<https://livingwellmom.com/grain-free-apple-crisp/>

PUMPKIN PATCH GUIDE

October is the perfect month for visiting your local farm to find that special pumpkin, try a corn maze, or even check out a haunted attraction. Here are our favorite farms in the Snohomish area.

- *Thomas Family Farm*- apple cannon, monster truck rides, mining area, corn mazes, and zombies!
- *Bob's Corn & Pumpkin Farm*- on of the largest pumpkin patches and a 10-acre corn maze
- *Carleton Farms*- train ride (for kids), corn maze, zombies, and a haunted swamp
- *Craven Farm*- 15 acre corn maze with 3 secret room! Also have face painting and farm animals
- *Stocker Farms*- Corn maze, hay rides, rubber duck races, and haunted house
- *The Farm at Swan's Trail*- wagon ride, 50 foot indoor slide, hay jump, jumping pillow

Modified from: <https://marysville.macaronikid.com/articles/5b9a00c5a9bd3042a5e2b8c8>

10 INDOOR ACTIVITIES FOR WINTER MONTHS

- Build out of cardboard: rocket ship, play house, car
- Make homemade play dough
- Make marshmallow structures
- Make cardboard monster feet
- Make a marble race track- cut a pool noodle in half lengthwise or use legos
- Indoor scavenger hunt
- Create a reading nook
- Build a fort
- Youtube kid's yoga and do it together
- Play board games together
- Bake together



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Modified from: https://www.washingtonpost.com/news/parenting/wp/2015/01/08/10-indoor-activities-to-get-you-through-winter/?noredirect=on&utm_term=.8d1a866ead75

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