



October Newsletter



TIPS FOR GROCERY ON A BUDGET

Don't go grocery shopping while hungry! When hungry, you will be more likely to buy food that is easily consumed and often more expensive!

Did you know that every meal should contain a source of protein, some whole grain products and a lot of vegetables and/or fruits?

OCTOBER FOOD HOLIDAYS

October 1st
World vegetarian day

October 4th
National taco day

October 16th
World food day

October 25th
World pasta day

TIPS TO BE MORE ACTIVE

Park your car further from the door when you go grocery shopping so that you walk more!



LOCAL FOOD OF THE MONTH

PUMPKIN

PREPARATION

Can be used to make soups, stews, pies, cakes, cookies, muffins, purees, etc.

DISPONIBILITY

September to November



NUTRITIONAL VALUES

1 cup (pureed)

Vitamin A 647 mcg (65% DV)

Vitamin C 12,2 mcg (20% DV)

Vitamin E 2,1 mg (21% DV)

Potassium 595 mg (12% DV)

Fibers 2,9 g (11% DV)





Pumpkin recipes



[Overnight pumpkin porridge](#)

[Lentil pumpkin loaf](#)

[Oat and pumpkin no bake bites](#)

[Pumpkin cranberry muffin squares](#)

[Toasted pumpkin seed brittle](#)

[Hearty Manitoba vegetable soup](#)

[Potage à la citrouille végétalien](#)

[Pumpkin pancakes](#)

[Vegan pumpkin pie](#)

[Pumpkin spice biscotti](#)

[Pumpkin Hummus](#)

[Pumpkin pie protein smoothie](#)

[Pumpkin curry soup](#)

[Pumpkin chutney](#)

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Vegetarian day recipes

Tofu brouille

Spinach and mushroom lasagna



Vegetarian sheperds pie

Banana lentil muffin

Chickpea cookie dough

Taco day recipes

Scrambled egg breakfast taco



Grilled vegetable, bean and avocado taco

Tacos with shrimp, avocado and mango

Grilled beef taco with sweet potatoes

Tacos au tempeh, champignons et noic de Grenoble

Apple pie taco

Pasta day recipes

Curry chickpea pasta salad

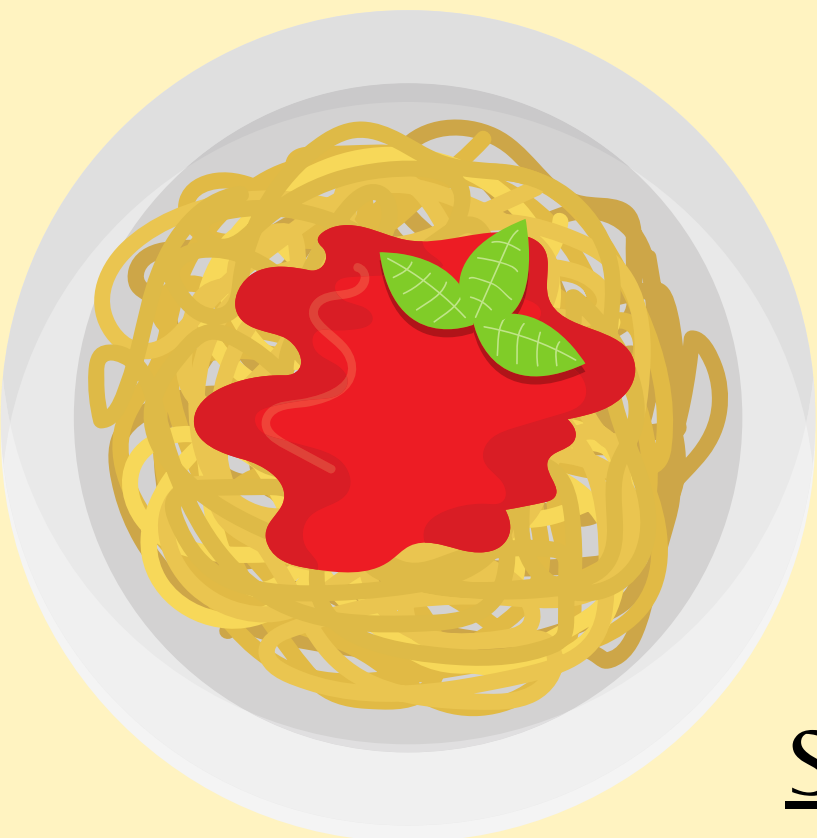
Pasta frittata pizza

Fettucine alfredo vegetalien

Rigatoni with eggplant

Hidden veggies meatballs

Spaghetti and meatballs Sunday



**Click on the
name to get
to the recipe**