

September 2016 Nutrition Nook Posts

Links may no longer work

September 1, 2016 - WEBSITE UPDATED!

New Recipe up - [Black Bean Burgers](#)

Check out some of the Blue Sky Family Health Teams favourite recipes [HERE](#).

New Newsletter up - [Focus on Iron](#)

Newsletter updated every month, this one is about iron.

Nutrition Nook Updates - OFTEN! Come back and see what's happening in the North Bay & area and other interesting tid bits about food and nutrition.

Have any great ideas for newsletters or posts?

Contact Veronica at 705-475-0500. I'd love to know what YOU want to know about.

Have a great long weekend!!! 😎

September 7, 2016 - The Dining Club at St. James

What a great idea! Not all seniors have access to the internet, let your senior friends and family know about this great club happening in Parry Sound.



Seniors interested in healthy eating and cooking are invited to join the Dining Club @ St. James. Together, our group cooks and shares delicious meals.

Please bring \$2, containers for leftovers and a willingness to meet others and have fun!

Tuesday, Sept. 27th & Oct. 25th from 4-7pm

Nov. 15th, Nov. 29th & Dec. 13th from 10 to 1 pm

St. James Centennial United Church

Funded by:



Space is limited
To register, contact:

Nola Park
705-746-8553

September 13, 2016 - Cheese of the Month Club

LOVE CHEESE?

Orchards Fresh Food Market on Trout Lake Rd has Cheese of the Month Club which gives you two cheeses and more. The cost is 75\$ for a 3 month membership. I've only heard great things about it!

For Contact information click [HERE](#).



Cheeses are high in calcium and protein. They can be low fat or high sodium, soft or sharp. Some are better served warm or cold. All types of cheese can fit in a healthy diet.

CHEESE PLEASE:)

September 16, 2016 - Public Free Skate in Powassan



This post is bitter sweet for me. It signals the end of summer, the start of the colder season. Sharpen your skates everyone!

Free Public Skating at the Sportsplex in Powassan. Check out the details on their Facebook page [HERE](#).

September 20, 2016 - The Doctor's Kitchen

Lots of great things happening in Powassan! September 24th at the Powassan Library Dr Dielle Raymond, a naturopathic doctor is hosting a free pulses cooking class from 11am - 1pm.

Pulses include food like chick peas, black beans, lentils, kidney beans. These foods are full of fibre and protein, can help keep you full, control blood sugars, help lower the bad cholesterol. A SUPER food in my books. They can get boring though, attend The Doctor's Kitchen for great ideas on how to make pulses fun and regular part of your diet.



For more information on the event, click [HERE](#).

For more information on the nutritional benefits of Pulses, click [HERE](#).

September 22, 2016 - First Day of Fall

The leaves are turning colour and starting to fall. It's supposed to be a sunny weekend though!

Celebrate the start of Fall with Leisure Farms in Sturgeon Falls. Pumpkin patch and Fall activities begin this weekend!

See how to get there by clicking [HERE](#).



At this time of year, pumpkin flavoured foods are everywhere. I love a little pumpkin puree in my oatmeal, with cinnamon and a touch of brown sugar. Add some pecans and it might as well be pumpkin pie for breakfast.

Pumpkin seeds are also a tasty snack, full of fibre and iron and protein, why not?

Enjoy a pumpkin latte while browsing the market Saturday morning, only a few more weeks left!

September 27, 2016 - Community Kitchen and Dinners at The Gathering Place

Smoothies and Slow Cookers - Brought to you by the Ontario Early Years Centre and Métis Nation of Ontario. Register by September 30, 2016. For information, click [HERE](#).



Dinners at the Gathering Place - Starting September 30th, 2016, dinner will be served Friday, Saturday and Mondays. For more information, click [HERE](#).

September 29, 2016 - SENIOR POWER!!!

On October 12, 2016 at the Elk's Club - EMPOWERING SENIORS CONFERENCE

Topics include:

- Possible risks of financial abuse through Power of Attorneys
- Frauds and scams
- Tips on safe banking

Click [HERE](#) for more information. Register by October 4th, 2016.

For a list of Free Exercise and Falls Prevention Classes in the North Bay Parry Sound District for Older Adults Aged 65+, click [HERE](#).

Staying active can help seniors stay independent and safe. Empowering seniors gives them more confidence in keeping independent. Share this great conference and free exercise opportunities with your senior friends and loved ones.

