Did you see these not-so-spooky Halloween revelers last night? They obviously epitomize the “Creston Healthy” spirit! We recognize that fruits and veggies play a significant role in our health...so why not wear what we know?

Tips to eat more vegetables and fruits each day

1. Keep fruit where you can see it. Place several ready-to-eat washed whole fruits in a bowl or store chopped colorful fruits in a glass bowl in the refrigerator to tempt a sweet tooth.
2. Explore the produce aisle and choose something new. Variety and color are key to a healthy diet. On most days, try to get at least one serving from each of the following categories: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; legumes (beans) and peas; and citrus fruits.
3. Make it a meal. Try cooking new recipes that include more vegetables. Salads, soups, and stir-fries are just a few ideas for increasing the number of tasty vegetables in your meals. (See page 2.)
Picking the right food out at the grocery store can make a big difference in your health! Incorporating fruits and vegetables in the colder months can be a challenge, and so can getting Vitamin D when we don’t see the sun as much. Explore the frozen isle and pick up some frozen veggies or fruits to add to your next smoothie or nightly dinner! Frozen fruits and veggies contain the same amount of vitamins and minerals and are easy to find in the winter months! Check out this recipe that includes frozen veggies!

**Pesto Pasta & Potatoes**

**Ingredients**
- 1-1/2 pounds small red potatoes, halved
- 12 ounces uncooked whole grain spiral pasta
- 3 cups cut fresh or frozen green beans
- 1 jar (6-1/2 ounces) prepared pesto
- 1 cup grated Parmigiano-Reggiano cheese

**Directions**
Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 8-10 minutes. Drain; transfer to a large bowl.
Meanwhile, cook pasta according to package directions, adding green beans during the last 5 minutes of cooking. Drain, reserving 3/4 cup pasta water; add to potatoes. Toss with pesto, cheese and enough pasta water to moisten.

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**MEMBER SPOTLIGHT**

**MSU EXTENSION**

Meet Staci and Alexandria (not pictured)! They work with MSU Extension, an organization that helps people improve their lives by bringing MSU resources and knowledge directly to individuals, communities, and businesses. They serve over 83 counties in Michigan! MSU Extension works with NEWC by hosting Money Management and Mindfulness classes in Creston/Belknap areas.

Staci is a community nutrition instructor and she provides education on healthy eating, cooking, food safety, and even physical activity. One of MSU Extension’s goals is to work with coalitions to promote nutrition and be involved with the community, so NEWC was a perfect match for Staci and MSU Extension! Staci has taught nutrition education yearly at Palmer Elementary and she has been able to meet Catherine’s Health Center, Van Belkum Library, and more as a result of working with NEWC. Both Staci and Alexandria sit on NEWC’s healthy Eating education team and enjoy that they can bring their knowledge about food, reaching communities, and forging partnerships. Staci and Alexandria have a vision of bringing healthy food into the community.

They also want people to know they can come to MSU Extension for reputable information and help. They believe MSU Extension’s partnership with NEWC will make health an ingrained part of Creston’s culture!