Many people’s lives are so hectic that the idea of standing over a stove to prepare a meal is unbearable! Fortunately, there are foods that require very little or no cooking at all. These foods are fresh fruits and vegetables. Fruits and vegetables are cool, refreshing, light, colorful and flavorful. They are filling without being overwhelming. They are portable and go well with just about any other food. They are especially tasty all by themselves.

Why eat fruits and vegetables?
A varied diet packed with fruits and vegetables can help reduce our risk of cardiovascular disease, certain types of cancer, and other diseases. Foods in the fruit and vegetable groups are valuable for their contribution of energy-giving carbohydrates, dietary fiber, water, and significant amounts of vitamins and minerals. The dietary fiber found in fruits and vegetables cannot be found in vitamin pills. Research also indicates that there are naturally-occurring components in fruits and vegetables, called phytochemicals, which have a beneficial effect on health by preventing cancer and other diseases. Due to their high dietary fiber and water content, most fruits and vegetables are low in fat and calories. Avocados, olives and coconuts are exceptions. Fruits and vegetables eaten raw help clean teeth and promote good dental health. Best of all, fruits and (Continued on page 2)

Buy fresh fruits and vegetables in season. They’ll be cheaper and at their flavor and nutritional peaks.

Eat your vitamins

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Tree selection and care workshop

Join Cooperative Extension on Saturday, October 4 for a workshop on Gardening in Small Places: tree selection and care from 8 a.m. to noon. Trees are some of the largest, and can be, the most expensive plant material you’ll add to your landscape. Knowing what trees do the best in the Mojave Desert is only part of the story; knowing where to put them, how to plant them and how to care for them can help you prevent some costly mistakes. Laura Eisenberg will teach you how to pick a landscape tree and how to care for it so it will become the landscape centerpiece you knew it could be.

Homeowners and other interested parties are welcome to attend.

Class space is limited and pre-registration is required. There is a $25 fee which includes class materials.

To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, Las Vegas, NV, 1-215 & Windmill Lane), email Elaine Fagin or call 702-257-5573.

The next Gardening in Small Places workshop date is November 15, Growing fruit at home.

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| Solarbration, solar festival | 4 |

We’re on the Web

www.unce.unr.edu
www.unce.unr.edu/blogs/southernarea
www.YouTube.com/UNRextension
Vitamins

(Continued from page 1)

vegetables contain no cholesterol.

Tips for eating fruits and vegetables

Snack on fresh fruits and vegetables instead of packaged snacks. You’ll avoid eating too much fat and sodium, and you will save money. Serving for serving, fruits and vegetables cost less than cookies and potato chips.

Buy fresh fruits and vegetables in season. They’ll be cheaper and at their flavor and nutritional peaks.

Watch the ads for sales on your favorite fruits and vegetables. Buy both ripe and not-so-ripe fruits and vegetables. Some will be ready to eat right away and the others will be ready in a few days after you’ve eaten the ripe ones.

Keep fresh fruits and vegetables where you can see them often—on the top shelf of the refrigerator or on the kitchen counter.

Stock up on frozen vegetables for quick and easy microwave cooking.

Shop for precut and cleaned fruits and vegetables. They make eating fruits and vegetables easy.

Choose a variety of fruits and vegetables daily to get the most nutrients they can offer.

Always wash fruits and vegetables before eating them.

Fruits and vegetables are great on their own. Don’t overindulge in fruits and vegetables prepared with high-fat ingredients.

Susan Lednicky, Nutritionist

Being there for someone with breast cancer

October is Breast Cancer Awareness Month. To show support, people attend races and wear pink ribbons, but what if you have a co-worker, friend, or loved one who is battling the disease? What can you do on a more personal level to help? Many people want to be there and provide support but don’t know how.

Here are a few dos and don’ts to keep in mind.

Do

Admit if you might not know just what to say. Let the person know you’re there for her or him nonetheless. Say you’re willing to do anything needed, even if it’s just listening.

Ask about family and activities — anything that brings the person joy.

Invite the person to lunch, a funny movie, or to go shopping.

Talk about the cancer with her or him (if the person wants). Follow the person’s lead. You’ll be able to tell in no time what she or he needs by simply listening.

Don’t

Tell the person you know someone who just died or recently had a scare.

Say you know how she or he feels (unless you’ve also gone through a similar experience).

Drop out of sight or stay away.

Hope Health ~No. 11733
Halloween safety tips

Now that fall has arrived, Halloween is just around the corner. With witches, ghosts, and super-heroes descending on neighborhoods in your area, the American Red Cross offers parents some great safety tips to help make the most out of their trick-or-treat holiday. This fun holiday should be filled with surprise and excitement, and following some common sense practices can help to keep this day more safe and fun. Here are some great tips to help you and your family have a safe and happy Halloween.

- Walk, slither and sneak on the sidewalks, not in the street.
- Look both ways before crossing the street to check for moving vehicles and low flying brooms.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are visible.
- Remember to put some reflective tape on bikes, skateboards, brooms, etc.
- Plan your route and share it with your family in case you are separated from your group and chaperone. Be sure to carry a flashlight to light your way.
- Accept treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Have an adult inspect any and all treats before eating. If the package is already open, throw it away. Small, hard pieces of candy are a choking hazard for small children.

Healthy Halloween Treats

There are plenty of fun snacks to give to children when they come trick-or-treating in your neighborhood. Candy has been the traditional treat for ghosts and goblins knocking on your door, but how about trying some nutritious snacks that will be sure to surprise and delight? Here are some fun, nutritious goodies that you can scare up to hand out to trick-or-treaters in your area: granola bars, pencils, individual bags of pretzels, crackers, puddling or fruit snacks, Halloween jewelry, 100 percent fruit juice boxes, small puzzles, small yo-yos, small bags of sunflower seeds and squirt balls. Check out www.orientaltrading.com for more great ideas!

Susan Lednicky, Nutritionist

Connecting Kids to Coverage Campaign

Be a part of the Connecting Kids to Coverage Campaign this school year to help more families enroll in quality, affordable health insurance. Millions of children and teens up to age 19 are eligible for free or low-cost health coverage through Medicaid and the Children’s Health Insurance Program (CHIP), but are not enrolled. And, in some states, more parents may qualify for Medicaid, too. It’s the perfect time to remind everyone that having health insurance is an important part of being ready for whatever the school year might bring. Enrollment in these programs is open year round, so it’s never too late to apply!

Join this nationwide effort to spread the word about year-round enrollment in Medicaid and CHIP! Here are five easy ways you can help:

Download and share Campaign materials with families. These print materials are available in multiple languages and can be customized with your organization’s information for free.

Talk to parents about free or low-cost health insurance options for their family. Refer them to https://www.healthcare.gov/do-i-qualify-for-medicaid/#info or 1-877-KIDS-NOW to learn more and get help applying.

Play the Connecting Kids to Coverage video or radio PSA in offices, at community events or on phone messages. Follow the Campaign on Facebook and Twitter and share messages, including our #Enroll365 hashtag, with your network.

Sign up for the Connecting Kids to Coverage National Campaign Notes eNewsletter for outreach tips and Campaign updates.
Solarbration! solar festival October 11

The Conservation District of Southern Nevada invites the community to attend the third annual Solarbration! solar festival which will be held at Cooperative Extension’s Lifelong Learning Center located at 8050 Paradise Road. The festival runs from noon – 4 p.m. The purpose of the festival is to blend art, technology, and outreach to promote renewable energy, inspire conservation, and support sustainable communities.

The solar festival, free to the public and all ages are welcome, will offer the community the opportunity to enjoy solar-powered art, live music, food and fun. Plus there will be solar demonstrations, and the latest information on sustainable energy.

“We promise to deliver a fun-filled family event that will be a one-stop location for everything related to going solar,” said Chris Magee, Chairman of the Conservation District of Southern Nevada. “We will have all the latest information regarding energy rebates, tax credits, solar financing, and lots of hands-on activities for all ages.”

Again this year, the event will be “Bike Friendly” and cyclists are encouraged to ride to the event. Bike clubs are encouraged to make a ride out of the event. This year promises to be even more fun and activity packed than last year. The Lifelong Learning Center is located right on the Windmill exit of the Clark County 215 trail. If you are interested in a volunteer opportunity at the event, visit www.solarbration.org.

Solar Village

You won’t want to miss the Solar Village where visitors will have a chance to meet over 35 exhibitors, with selected presentations on solar living, electric cars and more plus have the opportunity to get answers to questions about solar energy, and find out how they can install solar on their home or business.

Plus there will be hands-on fun activities for children. There will be solar art projects, fun in the sun games and make-and-take solar nightlights to name a few of the many and varied activities. Live bands will be there so the evening will be complete.

Whether you are looking for information on solar financing, the Solar Generations rebate program, Federal rebates, energy efficient home improvements, or energy star appliances, the solar festival will be your one-stop resource center. The wide range of exhibitors will include solar and renewable energy companies, green home builders, sustainable home products, and hybrid and electric vehicles.

Solarbration partners include: Southern Nevada Regional Planning Coalition, University of Nevada Cooperative Extension, Natural Awakenings, Southwest Gas, Sun Solar, Energy Fit and Solar NV. For more information visit http://www.cdsn.org or like the Solar Festival – Las Vegas page on Facebook.

Photos from Solarbration 2013!