

## Moda Wellbeing Newsletter



Welcome to Moda Wellbeing, a newsletter designed to share seasonal recipes, resources, and tips to build happier, healthier workplaces.

### Mindful Movement Multipurpose Pumpkins!

When pumpkin-season rolls around, we typically think of carving, decorating, and eating. A pumpkin's potential use goes far beyond that, though, and one pumpkin can serve many functions throughout the fall!

If you were early to the pumpkin patch this year or have a few early bloomers in your garden and you're not ready to carve or decorate them yet, consider these family-friendly alternatives that double as fun movement opportunities!

- [Pump-it-up Pumpkin workout](#)
- [Pumpkin bowling](#)
- [Pumpkin sweeping](#)
- Mini-pumpkin on spoon relay race

Pumpkins have many wonderful culinary uses as well! If you're carving pumpkins, save the seeds and try roasting them- both [savory and sweet](#) variations are delightful and nutritious. If you have little ones who are too young to use carving tools, let them separate the seeds from the pumpkin membrane while you carve the pumpkin. Please be mindful, pumpkin seeds can present a choking hazard. Pumpkin flesh is also a nutrient dense ingredient to cook with. It's a very common ingredient in African and Indian cuisine, among many others! Take a pumpkin-centric world tour in your kitchen this fall by experimenting with [these](#) recipes.

As winter nears and your pumpkin enthusiasm starts to fade for the season, consider these ideas instead of dumpin' your pumpkin: [composting](#), [find a squash mash event or make one at home](#), share them with farm animals, research community collection events in your area.

Resources: [Fall Activities & Games](#) | [How Pumpkin is Eaten Around The World](#) | [Food Insider - YouTube](#)



### Better Bites Pumpkin Seed Granola

Don't throw away the seeds after carving your pumpkin this fall! Here is an easy and tasty recipe for homemade granola to use those nutrient dense seeds. They contain healthy fats, magnesium, zinc, and iron. Yum!

#### Ingredients

- 1 cup raw pumpkin seeds
- 1 ½ cup rolled oats
- ½ cup pumpkin puree
- ½ cup maple syrup
- ¼ cup shredded coconut
- 2 tbsp unsalted butter, melted
- ½ tsp pumpkin pie spice
- ½ tsp ground cinnamon
- ¼ tsp salt

#### Instructions

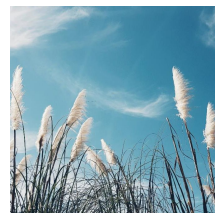
Preheat oven to 325 degrees F. Line baking sheet with parchment paper. Mix pumpkin seeds, oats, pumpkin puree, maple syrup, coconut, butter, pumpkin pie spice, cinnamon, and salt together in a bowl until well combined. Spread mixture evenly over prepared baking sheet. Bake in the preheated oven, stirring every 15 minutes, until desired crispness is reached. About 30 to 45 minutes.

Recipe and picture from [AllRecipes](#)

WeightWatchers batch of Halloween recipes will work for all of your spooky season plans [Click here](#) to view their super-fun cooking tricks and treats. Bone appétit! Get access to many more recipes when you enroll in WW today at no cost to you at [WW.com/OEBB](#).



### Let's Learn! Resource Spotlights: [Living well with Healthy Hearts](#)



#### Moda Health Monthly Mini Challenges

Mini challenges are a great way to encourage a healthier way of living. They're designed to create lasting change through small, simple steps, while also providing a fun activity that fosters friendly competition, team building, and a supportive workplace culture.

Check out Moda Health's mini challenges for September and October:

- **Sleep Right, Sleep Tight Challenge:** Adults between the ages of 18 and 64 need seven to nine hours of high-quality sleep to rest, recover and rebuild our bodies. However, with 30% of adults regularly experiencing insomnia symptoms, and 35% of Americans sleeping fewer than seven hours a night, many people are experiencing the effects of sleep deprivation. For three weeks, track your sleep behavior progress using the [challenge tracker](#).
- **Daily Mindfulness Challenge:** Mindfulness can decrease stress, improve your immune response, and increase your focus and memory. The biggest challenge of developing a strong mindfulness practice is getting started and dedicating the time you need to progress your practice. For three weeks, begin implementing a mindfulness practice into your week. Click [here](#) to access the challenge.

Additional Resources: Health Coaching ([Moda Health](#))

#### A Breath of Fresh Air- Improving Indoor Air Quality

Because many of us spend the bulk of our time indoors, it is important to pay attention to the air quality inside our living space. Poor indoor air quality can affect respiratory illnesses, allergies, and asthma symptoms. Here are some tips to maintain healthy indoor air:

- **Improve ventilation.** Open windows and doors to let fresh air in (if outdoor air is clean).
- **Keep your living space clean.** This reduces dust, animal dander, and controls pests.
- **Choose nontoxic cleaning products.**
- **Avoid adding pollutants to the air** - like smoke, candles, incense or fragrance.
- **Change your furnace filters.** Frequency depends on [several factors](#).
- **Keep plants outdoors.** Plants can cause mold, and some contain volatile organic compounds such as bacteria, pesticides, and contaminants.
- **Reduce dampness.**
- **Install carbon monoxide detector and test home for radon.**

Additional resources: [How Indoor Air Quality Impacts Your Lungs - YouTube](#)

### Community Connections Inclusive and Accessible Halloween



Filled with treats, costumes, and spooky fun, it's no surprise Halloween is a favorite day of the year for many children. If your family participates in the Halloween holiday, here are some items to consider for your home to be more inclusive and accessible:

- **Offer nonfood items.** Some children may have allergies, intolerances, feeding tubes, or diseases/illnesses that prevent them from eating candy. Offer a few nonfood items as an option such as stickers, crayons, bubbles, bookmarks, etc.
- **Make your home easy to access.** Do you have steps leading up to your door? Try setting up a treat station at the bottom of the steps for those with limited mobility. Remove any other obstacles such as potted plants so there are no barriers preventing access.
- **Remove over-stimulating decorations.** Strobe lights, loud music, and décor that startles can be challenging for children with sensory processing issues, autism, or epilepsy.
- **Be aware of diverse communication styles.** Some children may communicate "trick-or-treat" in a way you are not used to. Whether children use sign language, assistive technology, take a longer time to communicate, or don't say anything at all, be friendly and share your treats.

If you are incorporating accessibility into your Halloween this year, consider displaying [these painted pumpkins](#) in front of your home to inform trick-or-treaters.

#### Other resources:

- [Learn ASL- Halloween Vocabulary in American Sign Language - YouTube](#)
- <https://www.ameridisability.com/how-to-make-halloween-inclusive-for-all-trick-or-treaters/>
- [6 Tips to Make Halloween More Inclusive and Accessible for Trick-or-Treaters - Easter Seals Canada](#)