

## Eating Away from Home

Eating at restaurants and social events can be such a pleasure. Someone else does all the preparation and cooking while you enjoy time with friends or family.

It is easy to overdo it when eating out. Indulging too often can lead to weight gain or other health problems. It is OK to treat yourself once in a while. Save foods that are higher in calories, fat and/or sugar for special occasions. Everything in moderation!

### At Restaurants

- Watch out for words on menus like creamy, crispy, fried, breaded or smothered. These terms often refer to foods that are high in calories or fat.
- Choose foods that are grilled, steamed or broiled instead.
- Don't be afraid to make special requests. For example, ask for steamed veggies instead of French fries.
- Choose a lighter main course if you plan on having dessert.
- Eat only half of an entrée and take the rest home for another meal.
- Share an item with someone.

### At Social Events

- Control portions at parties by putting appetizers on a napkin rather than a plate.
- Move away from the food table to socialize.
- Carry a glass of water so one hand is full.
- Limit deep fried / high fat items like mozza sticks, chicken wings, cold cuts, creamy dips and rich desserts.
- Load up with veggies and fruit and a small amount of dip.
- Try items like bruschetta, hummus, salsa and whole grain crackers.
- Choose protein foods without breading such as kabobs, smoked salmon or mussels.



## Food of the Month

### Squash



Now that fall is here, you can stock up on squash to add variety to your meals. Try different kinds to find out which ones your family likes best.

5 great ways to use squash:

- Roast and mash with a bit of cinnamon and brown sugar.
- Grate and add to a stir fry.
- Add to soups or casseroles.
- Cook spaghetti squash and use in place of pasta.
- Microwave squash (pierce with a knife before cooking).

## In Your Sobeys Store

### Grab and Go

Are you feeling short on time? Stop at Sobeys and pick up a rotisserie chicken, a family size salad from our deli department and rolls from our bakery. A healthy balanced meal in one stop!

## Made Over Mac 'n' Cheese

Serves 8

### Ingredients:

4 cups	(1000 ml)	Macaroni, whole wheat
3 cups	(750 ml)	Butternut squash, peeled and cubed
1 cup	(250 ml)	Chicken broth, sodium reduced
2 cups	(500 ml)	Milk, 2%
2 cloves		Garlic
¼ cup	(60 ml)	Greek yogurt, plain, 2%
½ tsp	(2 ml)	Pepper
1 cup	(250 ml)	Swiss cheese, shredded
1 cup	(250 ml)	Romano cheese, grated
¼ cup	(60 ml)	Parmesan cheese, shredded, divided
2 tbsp	(30 ml)	Parsley, chopped

### Directions:

1. Preheat oven to 350° F.
2. Cook pasta according to package directions, leaving out salt. Set aside.
3. Mix squash, broth, milk and garlic in a large saucepan on medium heat. Simmer until squash is tender, about 10 minutes.
4. Remove from heat. Use a blender to purée the mixture until smooth.
5. Stir in yogurt, pepper, and cheeses, reserving 2 tbsp parmesan for topping. Blend once more.
6. Combine macaroni and sauce, toss to coat and transfer to a greased 13x9 inch baking dish. Sprinkle with rest of parmesan cheese and bake for 10-15 minutes or until heated through.
7. Garnish with parsley.

### Nutrition Information per Serving:

Calories	460
Fat	11 grams
Carbohydrate	54 grams
Fibre	6 grams
Protein	20 grams
Sodium	285 milligrams

## Did you know?

You can keep the seeds from your squash for a healthy snack.

Dry seeds with a paper towel. Toss with oil, pepper and your favorite spices. Roast in oven at 350° F for 15-20 minutes or until crunchy.

## Chef's Corner

### Edible Gifts

Now that the holiday season is almost here, consider edible gifts for party hosts, neighbors, friends and loved ones. Wrap items in pretty packaging and include the recipe so they know what's inside.



Some examples:

- Homemade pancake mix in a jar
- Trail mix (cereal and nuts)
- Mulling spice (whole allspice, cinnamon sticks wrapped in cheesecloth)
- Spiced nuts
- Infused oils (oil infused with garlic or favorite herbs)

## Pharmacy Corner

### November is diabetes month.

Now that cold and flu season is here, be aware that some cold medications may increase your blood sugars. Ask your Sobey's Pharmacist which ones are safe for people with diabetes. Your Sobey's Pharmacist can also recommend sugar free medications and other tips on diabetes to help you stay well. Be sure to ask about our free Diabetes Meter program.



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