

Breakroom Buzz

October is Apple Month!

Apple-Pear Crisp

Makes 8 servings



2-3 granny smith apples, washed, peeled, cored, and cut into thin slices.

2 Ripe Bartlett Pears, washed, peeled, cored, and cut into thin pieces

1-1/2 cup instant oatmeal

1/2 cup ground almonds or almond flour

1 cup sugar

1 tsp. ground cinnamon

1/2 cup extra virgin oil oil

1. Preheat oven to 375F. Wash hands with soap and water.
2. Lightly coat an 8X6 glass baking dish in oil
3. Toss fruit with brown sugar and cinnamon and spread in a baking dish.
4. In a separate bowl, combine dry ingredients, then mix in oil to form crumb mixture.
5. Bake the apple-pear crisp for about 45 minutes or until sides are bubbly and top is brown. Let cool and serve

Nutrition Facts per serving: Calories 450, Total Fat 17 g, Sodium 4 mg, Total Carbohydrates 75 g, Fiber 7 g., Protein 5 g.



October is Vegetarian Awareness Month.

Learn about a few different types of vegetarian diets below.

Lacto-vegetarian: excludes meat, fish, poultry, and eggs. Dairy is included in their diet.

Lacto-ovo vegetarian: excludes meat, seafood, poultry, and dairy products but allows dairy and eggs.

Pescatarian: excludes meat, poultry, dairy, and eggs, but allows fish.

Vegan: excludes foods that contain meat, poultry, fish, eggs, and dairy.

Source: Mayo Clinic, 2023

Tips for Helping Someone with a Mental Illness



Did you know that 1 in 5 adults will experience mental illness this year, and less than half receive treatment? Mental Health Awareness Week is Oct. 1 through Oct. 7, 2023. Everyone, directly or indirectly, is affected by someone with mental illness. Here are a few tips on how you can help someone with a mental illness:

- **Recognize warning signs.** Some examples include changes in sleep or appetite, withdrawal from social interactions, or problems functioning at school or work. Encourage individuals to check in with a medical professional early because untreated symptoms of mental illness can worsen with time. If you or someone you know is at risk of hurting themselves or others or needs support now, contact the Suicide and Crisis Lifeline — call 988, text 988, or chat at 988lifeline.org.
- **Start a conversation.** One of the most important steps may be starting a conversation with the person you're concerned about. Start by expressing your concern and readiness to listen and be there for the person. Listen and encourage them to visit a mental health care practitioner. Getting help is a sign of strength.
- **Educate yourself.** Knowledge is empowering, and you can offer informed suggestions to a loved one. Again, you are not the expert, so consider your information sources carefully, especially when searching online.
- **Seek support for yourself.** Physically and emotionally, you might be exhausted. Taking care of yourself and recognizing and acknowledging your limits is essential.
- **Help is available.** Visiting with your doctor, make an appoint with a therapist, or contact the NAMI HelpLine (1-800-950-6264) to find out what services and supports are available in your community.

Source: <https://www.nami.org/miaw>, and <https://www.psychiatry.org/patients-families/helping-a-loved-one-cope-with-mental-illness> adapted by Tessa Hobbs-Curley, Family Life Educator

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