



October 2024 Nutrition Nugget-

October is here! Time for temperatures to cool down (maybe) and leaves to start falling. Time to slow down, maybe take a walk outside, take a bike ride or go to the park and enjoy your world.



Well now...



Only in October? 😊



How true.

Featured: The glorious Apple! 🍏 Red, yellow, pink, striped-you name it, they're all yummy & "a-peeling"! You can eat them fresh (peeled or not), baked, fried, cooked, pied, sauced, juiced, or sweet & savory! (No worms, please!) Here are 2 easy & tasty apple recipes: [Apple Crisp Recipe](#) [Fresh Apples & Cinnamon](#)

Apples are nutritious as well as delicious! Check out this link to find out more: [Apples: The Nutrition Source](#)

Did you know? *Apples are not native to North America. They originated in Kazakhstan, in central Asia east of the Caspian Sea. Alma Ata, capital of Kazakhstan, until 1997, means "full of apples." By 1500 BC apple seeds had been carried throughout Europe.

*There are 2,500 varieties of apples grown in the United States. 7,500 varieties of apples are grown throughout the world. Wow! That is a lot of variety!

Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!

[What's In Season for October](#)

The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny! 🥰

Q. How did the ambulance propose? A. It got down on one Knee Nur Knee Nur Knee Nur! 🚑

Q. Why was the computer cold? A. It left its Windows open!

Q. What did the horse say after it tripped? A. Help! I've fallen and I can't giddyup!

Q. Why do seagulls fly over the sea? A. Because if they flew over the bay, they would be bagels!

*You are on a horse riding a full gallop. Next to you is a giraffe at full gallop, and behind you is a lion on your tail. What do you do? Get off the carousel.

*What did the janitor say when he jumped out of the closet? "Supplies!!"

*"You know, people say they pick their nose, but I feel like I was just born with mine."

And the Knock, Knock joke:

"Knock, Knock!"
"Who's there?"

"Whale"
"Whale who?"

"Whale, Whale, Whale, what do we have here?"



Find some more wholesome family friendly jokes, trivia, games, etc at this website! [Best Knock Knock Jokes for Kids](#)

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