

It's the Great Pumpkin Lunch Success Story

Staff at Lac La Biche Community Health Services in North Zone celebrated the arrival of fall by enjoying pumpkin recipes together for lunch.

Canada's Food Guide recommends including at least one dark green and one orange vegetable each day. Pumpkins are high in vitamins and fibre and like most vegetables, they are a low calorie choice. The group talked about the benefits of eating pumpkin and shared recipes with each other.

The menu included tasty dishes such as Thai coconut soup, curry pumpkin stew with rice, and pumpkin pasta. To end the meal, there was a selection of small pumpkin scones and cookies. Team members also wore the colour orange to celebrate the event.

