



PLAN AHEAD ON WHAT TO WEAR

Make mornings easier by choosing your outfit the night before. You'll save time and feel more organized when you're getting ready. These tips can help.

1. Check the weather. Find out if it's going to be cold, warm, or rainy the next day. This will help you choose the right clothes, like a sweater if it will be chilly. If it's supposed to rain, stash a raincoat in your backpack.
2. Think about your schedule the next day. Do you want to wear your favorite shirt because you're giving a presentation at school? Do you want to wear something comfortable because you'll be playing outside? Answering those questions can help you decide.
3. Lay it out. Once you've settled on your outfit, pull out each piece and make sure it's clean and ready to wear. Then place each item on a chair or other spot in your room.



WARNING!
Ask an adult's permission before using the blender.

FUN FACT
The heaviest pumpkin on record was grown in Belgium in 2016 and weighed more than 2,600 pounds.

Make a pumpkin pie smoothie

Ingredients

- 1 large banana, frozen
- ½ cup plain Greek yogurt
- 1 cup pure canned pumpkin
- ½ teaspoon pumpkin pie spice
- 1 cup milk (such as almond, oat, soy, or regular)

Instructions

1. Place frozen bananas and all other ingredients in a blender.
- Helpful tip:** Frozen bananas add a creamy flavor to smoothies. They're great to have on hand in your freezer. To prep them, peel them and then use a butter knife to cut a banana into slices. Place in a small zip-top bag and freeze for at least two hours.
2. Use the puree button on the blender to combine ingredients until smooth.
 3. Divide between two glasses and add straws (optional). Makes two servings.

3 fun facts about this recipe

- This smoothie makes a delicious breakfast or snack. It takes only a few minutes to prepare, it's healthy, and it gives you the flavor of pumpkin pie without the baking.
- Canned pumpkin is an excellent source of vitamin A, a nutrient that can help you grow, keep your skin healthy, and protect your vision.
- Greek yogurt works well in smoothies because it's so thick. But you can use regular plain yogurt if you don't have the Greek kind.



ECO TIP OF THE WEEK HELP PROTECT SPIDERS

Although many people are afraid of spiders, most species in the US are harmless. In fact, spiders play a helpful role in our ecosystem (a group of plants or animals in a certain place that affect one another). They eat many kinds of insects, including mosquitoes as well as other bugs that damage plants. As the days get colder, you may see more spiders in your home because they come out of hiding to look for a mate. Try not to squish them. Instead, place a glass on top of the spider, slide a piece of paper underneath, and carry it outside. Release the spider near a shed, outdoor flower pot, or a grassy area where it can make a web.

Spiders help the Earth.

