

OCTOBER

It's the first official month of fall. You and your students have settled into a routine, and you've started introducing so many important facts and concepts. No doubt your school calendar is filling fast with events and holidays.

Here's an October observance you may not have heard of: **World Stroke Day on October 29**. Its purpose is to raise awareness of the prevention and treatment of stroke. Every 40 seconds, someone in the United States has a stroke. Every four minutes, someone dies of stroke. Read on to learn the critical warning signs of stroke.

Did You Know?

Stroke is largely treatable.

Responding quickly when a stroke occurs can mean the difference between recovery and disability.

Recognize the signs.

Call 911 immediately.

- F** • Face Drooping
A • Arm Weakness
S • Speech Difficulty
T • Time to Call 911

Make Sure the Shoe Fits



Wearing the appropriate shoes will help keep your feet and ankles safe, comfortable and ready for your next workout.

- Find a specialty athletic shoe store that offers fitting services and go at the end of the day, when your foot size is at its maximum,
- Try on shoes with the socks and any supports or wraps you would typically wear during exercise.

Visit <https://healthyforgood.heart.org/move-more> to learn more.

Turkey Chili

Serves 6: 1½ cup per serving

Ingredients

- | | |
|--------------------------------------------------------------|--------------------------------------------------------------|
| Cooking spray | 15.5 oz. canned, no-salt-added black beans (rinsed, drained) |
| 1½ tbsp. canola or corn oil | 14.5 oz. canned, no-salt-added, diced tomatoes (undrained) |
| 1 medium or large onion, chopped | 1¾ cups fat-free, low-sodium chicken broth |
| 20 oz. ground, skinless turkey breast | 1 cup frozen whole-kernel corn |
| 2 large garlic cloves (minced) OR | 6 oz. canned, no-salt-added tomato paste |
| ½ tsp. garlic powder | 4 medium green onions (green part only), sliced |
| 2 tsp. chili powder | |
| ½ tsp. pepper | |
| ½ tsp. ground cumin | |
| 15.5 oz. canned, no-salt-added pinto beans (rinsed, drained) | |

Directions

1. Lightly spray a Dutch oven with nonstick cooking spray. Add the oil and heat over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring occasionally.
2. Reduce the heat to medium. Stir in the turkey. Cook for 5 minutes, or until browned, stirring frequently to turn and break up the turkey.
3. Stir in the garlic, chili powder, pepper, and cumin. Stir in the remaining ingredients except the green onions. Cook for 5 to 7 minutes, or until heated through, stirring frequently. Just before serving, sprinkle with the green onions.



Nutrition Analysis (per serving)

| | |
|---------------------|--------|
| Calories | 347 |
| Total Fat | 5.0 g |
| Saturated Fat | 0.5 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 1.5 g |
| Monounsaturated Fat | 2.5 g |
| Cholesterol | 64 mg |
| Sodium | 129 mg |
| Carbohydrates | 42 g |
| Fiber | 10 g |
| Sugars | 14 g |
| Protein | 34 g |

Dietary Exchanges: 2 starch, 2 vegetable, 3½ very lean meat

This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2016 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online at heart.org/cookbooks.