

# Harvest of the Month



Network for a Healthy California



*Botanical name: Cucurbita pepo*

## PUMPKINS

**Circle all meals on the menu with orange fruits and vegetables in them.**

- How many meals did you circle?
- What is your favorite orange fruit or vegetable?
- Why do you like to eat it?

# EAT PUMPKINS

## Nutrition Facts

Serving Size: ½ cup pumpkin, cooked, (85g)  
 Calories 24      Calories from Fat 0

% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%
Vitamin C 10%	Iron 4%



## Name That Squash

Pumpkins are a type of winter squash. Winter squash have thick, hard skins that you can't eat. (Summer squash have thin skins that you can eat.) List four kinds of winter squash and draw a star next to your favorite.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Reasons to Eat Pumpkins

Eating a ½ cup of cooked pumpkin will give you lots of vitamin A. Vitamin A is good for you because it helps keep your eyesight healthy, help your body fight infections, and helps keep your skin healthy.

You can eat pumpkins in many ways including cooked, mashed, steamed, in soups or even breads. Canned pumpkin has many of the same nutrients as fresh pumpkins.

### Vitamin A Champions\*:

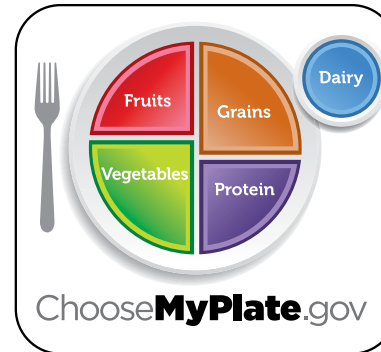
Canned pumpkin, carrots, cooked greens, cooked spinach, fresh pumpkin, sweet potatoes, and winter squash.

\*Vitamin A Champions are an excellent source of vitamin A (provide at least 20% Daily Value).

### How Much Do I Need?

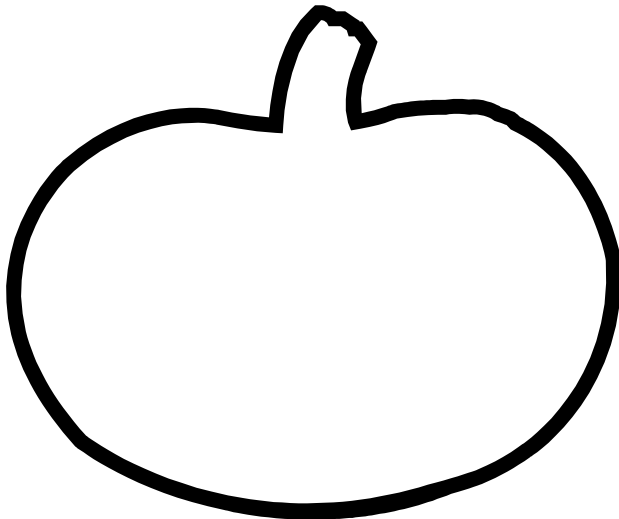
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Make half your plate fruits and vegetables to reach your total daily needs!



## JACK-O-LANTERN ART

Use the pumpkin below to draw the face of your pumpkin – make it happy, silly, scary or whatever you like! Then share your art with an adult who can help you carve it into a real pumpkin.



Answers will vary: pumpkins, acorn, banana, butternut, calabaza, delicata, hubbard, kabocha, spaghetti, and turban squash varieties.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.  
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