

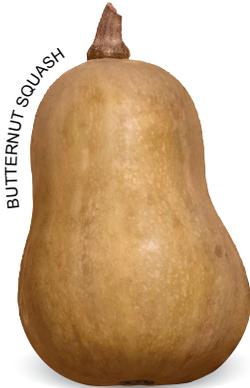
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured produce is

winter squash



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of cooked winter squash – like butternut, hubbard, and pumpkin – is an excellent source* of vitamin A. A ½ cup of acorn squash provides iron and calcium. Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Roast cubes of butternut squash seasoned with thyme and sage.



Blend roasted butternut squash cubes in a blender with just enough chicken broth to make a thick and creamy soup.



Bake acorn squash halves in about quarter-inch of water at 400°F until tender (about one hour). Sauté one chopped apple, cinnamon, nutmeg, and a sprinkle of brown sugar until soft. Fill each half with the apple filling and bake for 10 minutes more.



Shopper's Tips

- Look for firm winter squash that have dull-colored skin and feel heavy for their size.
- Keep whole winter squash in a cool, dark, dry place for up to three months.
- Put cut squash in a sealed container. Keep in the refrigerator for up to one week.

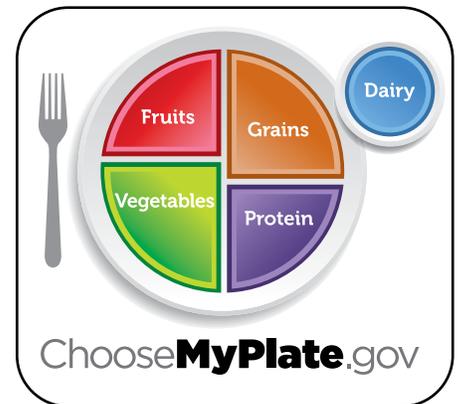
Let's Get Physical!

Make a plan for staying active when the weather gets cold or wet. Figure out how you can be active both indoors and outdoors so that you can stay in control of your fitness goals.

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. A good tip to follow is:

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



For more recipes and tips, visit:
www.CaChampionsForChange.net