



Harvest of the Month

October

Health and Learning Success Go Hand-in-Hand

National School Lunch Week takes place the second week of October. Children who eat school meals usually like and eat more fruits and vegetables. Studies show that students who eat more fruits and vegetables and get regular physical activity often perform better in the classroom. Encourage eating school meals and help put your child on the road to health and learning success.

The **Harvest of the Month** featured produce is

**winter
squash**



Produce Tips

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins and large seeds.
- Some varieties include pumpkin, butternut, acorn, spaghetti, banana, kabocha and turban squash.
- Choose squash that are firm, heavy for their size and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.
- Store uncut winter squash in a dark, cool, dry place (about 50–60 F). They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Thin-skinned varieties, like acorn or butternut, can be peeled with paring knife or vegetable peeler.
- Thicker-skinned varieties, like turban, may require a heavy knife to split open.

LATIN AMERICAN MIXED VEGETABLES

Ingredients:

(Makes 6 servings at 1 cup each)

- 1 tablespoon vegetable oil**
- 1 yellow onion, sliced**
- 1 clove garlic, diced**
- 1 or 2 winter squash, chopped**
- 1 zucchini, sliced**
- 1 green pepper, strips**
- 1 (14-ounce) can tomatoes, diced**
- 1 teaspoon cilantro**

1. Heat oil. Add onion and garlic and sauté for 5 minutes.
2. Add squash and zucchini. Sauté until crisp-tender.
3. Add remaining ingredients.
4. Simmer until hot. Serve warm.

Adapted from: *A World of Healthy Foods*, West Virginia Department of Education, 1997.

Let's Get Physical!

- Be a role model. Studies show that children who see their parents having fun and being active are more likely to stay active their entire lives.
- Instead of a coffee break, take a brisk 10 minute walk. Encourage your child to be active at recess.
- Enjoy a bike ride with your child.
- Find a local pumpkin farm and take a family walk through the fields. Talk about how pumpkins grow.

For new ideas, visit:

www.kidtribe.com

Nutrition Facts

Serving Size: 1 cup, cooked, cubes
(205g)

Amount per Serving

Calories 76 Calories from Fat 6
% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 6g 23%

Sugars 7g

Protein 2g

Vitamin A 214% Calcium 5%

Vitamin C 33% Iron 5%

Source: www.nutritiondata.com

Helping Your Child Eat Healthy

- Bake, boil, steam, sauté or microwave winter squash. Use it in stews, soups, salads, dips, breads and even pies.
- Sample different varieties of winter squash to find out your family's favorite. (See Produce Tips for varieties.)
- Varieties with darker yellow/orange flesh are more nutritious than lighter colors. (Hint: Butternut is more nutritious than spaghetti squash.)
- Add winter squash to your family's favorite soup or casserole. Ask your child to help you make it.

For more ideas, visit:

www.harvestofthemoth.com

How Much Do I Need?

A serving of cooked winter squash is about one cup cubed. This may be too much for most children. Try serving a smaller amount to help them reach their total amount of fruits and vegetables for the day.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



**EAT FRUITS & VEGETABLES
AND BE ACTIVE**

This material was funded by USDA's Food Stamp Program through the *California Nutrition Network for Healthy, Active Families*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Health Services 2006.