

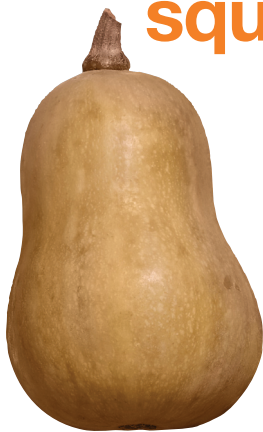
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

winter squash



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

One cup of cubed butternut or acorn squash is a source of vitamin C and fiber. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation.

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 ¼-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.
- Store uncut winter squash in a cool, dark, dry place for up to three months.
- Once cut, wrap and refrigerate winter squash 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.

Eat a variety of colorful fruits and vegetables with all your meals and as snacks throughout the day to reach your total daily needs!

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

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

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

