Helping Your Kids 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.

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 a paring knife or vegetable peeler.
- Thicker-skinned varieties, like turban, may require a heavy knife to split open.

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

### ROASTED BUTTERNUT SQUASH

**Ingredients:**
(Makes 4 servings - 3/4 cup each)
- 2 pounds butternut squash
- 1 tablespoon vegetable oil
- 1 teaspoon thyme
- 1 teaspoon sage
- 1 teaspoon salt
- Nonstick cooking spray

1. Preheat oven to 425 F.
2. Peel squash with vegetable peeler and cut into half lengthwise. Remove seeds and cut squash into cubes.
3. In a bowl, toss squash with oil and seasonings until well coated.
4. Spray a cookie sheet or roasting pan with nonstick cooking spray and spread squash cubes in a single layer.
5. Bake for 45 minutes or until tender.

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.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories 76</th>
<th>Calories from Fat 6g</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup, cooked, cubes (205g)</td>
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<tr>
<td>Amount per Serving</td>
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<tr>
<td>Calories per Serving</td>
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<tr>
<td>Total Fat 1g</td>
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<td>Saturated Fat 0g</td>
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<tr>
<td>Trans Fat 0g</td>
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<td>0%</td>
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<tr>
<td>Cholesterol 0mg</td>
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<td>0%</td>
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</tr>
<tr>
<td>Sodium 2mg</td>
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<tr>
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<tr>
<td>Protein 2g</td>
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Source: Network for a Healthy California, 2008.

Recommended Daily Amounts of Fruits and Vegetables*

- Ages 5-12: 2 1/4 - 5 cups per day. Ages 12 and older: 3 1/2 - 6 1/2 cups per day.
- If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.