



Photos courtesy of Pixabay

EAT WELL, AGE WELL. SQUASH

WHAT ARE THE BENEFITS OF SQUASH?

Squash, being so versatile and delicious, has the potential to offer many health benefits. These benefits include: enhanced vision & immunity, improved skin & prostate health, as well as many more. This is due to the nutrients; fiber, vitamin A, folate, magnesium and potassium- all working together.

According to the Academy of Nutrition and Dietetics, Butternut and acorn squashes are good sources of beta-carotene, that may aid in the prevention of certain types of cancers and macular degeneration.

Squash can be extremely flexible in the kitchen. It can be used in salads, sautéed, roasted, or cooked with meat, flattened into patties, fried or included as a base for soups. Many benefits can be enjoyed by adding squash to your diet.

WEEKLY CHALLENGES

BUY A SPIRALIZER
AND TRY ZUCCHINI
NOODLES

BAKE ACORN
SQUASH AND ADD
IT TO A SALAD THIS
WEEK

SNACK ON SOME
PUMPKIN SEEDS

REPLACE
SPAGHETTI PASTA
WITH ROASTED
SPAGHETTI SQUASH

DID YOU KNOW?

Squash has been
cultivated since
at least 8,000
B.C in Central
Mexico!

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Squash*
- Placemat/handout for Breakfast *Squash*
- Table Tent- *Roasted Veggies*
- *Monthly Tracking Calendar*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*

Week 2: Give out/Post

- Placemat/handouts for *Squash bread*
- Table Tent- *Zucchini Noodles*

Week 3: Give out/Post

- Placemat/handouts for *Squash Tacos*
- Table Tent- *Spaghetti Squash*

Week 4: Give out/Post

- Placemat/handout for *Butternut Squash Soup*
- Table Tent- *Spiralizer*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org