

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



Eat Well, Age Well– Winter Squash: Health Benefits

Includes: Vitamin A, Protein, Vitamin C, Vitamin B6, Fiber, Magnesium, Potassium

Benefits:

- Can prevent rising blood sugar
 - Nutrient dense
- May prevent some cancers
- Assists immune system in fighting infections and healing wounds
 - Regulates blood pressure

Did you know?

Squash seeds are a great source of nutrients and can be cooked like pumpkin seeds!



Photo courtesy of pexels.com

hsph.harvard.edu; canr.msu.edu

Eat Well, Age Well– Winter Squash: Winter Squash Types

- Acorn Squash
- Banana Squash
- Buttercup Squash
- Butternut Squash
- Carnival Squash
- Delicata Squash
- Hubbard Squash
- Kabocha Squash
- Pumpkin
- Spaghetti Squash
- Sweet Dumpling Squash
- Turban Squash

Weekly Challenge:

Try a new type of squash or way of cooking it that you have not tried before!



Photo courtesy of pexels.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Abby Hassing 11-2

thekitchn.com

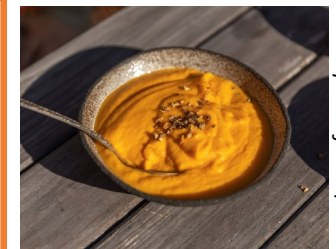
Creative Ways to Cook with Winter Squash!

- Soups
- Stuffed Squash
- Spaghetti Squash Casseroles
- Roasted Squash
- Added to salads
- Spaghetti Squash Bowls
- Breads or muffins
- Butternut Squash Mac and Cheese
- Baked or grilled
- Added to nachos
- In tacos, lasagnas, or chilis

There are so many creative ways to incorporate squash into your diet!

Weekly Challenge:

When baking, use pumpkin puree or canned pumpkin instead of oil or butter!



Acorn Squash with Cranberry Stuffing

Photo courtesy of pexels.com

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Winter Squash

Winter squash comes in many varieties. It is more available in-season during fall and wintertime.

Winter squash is a wonderful complement to meals. Its vitamin and mineral content, which includes vitamin A, and its generous portion yields make it an excellent choice.



Pixabay.com

Winter Squash

Various varieties:

Winter squash includes multiple varieties, including but not limited to:

- Acorn
- Spaghetti
- Butternut
- Hubbard
- Pumpkin
- Delicata

Weekly Challenge:

Identify one or two types of winter squash at the grocery store. Consider trying one!



Pixabay.com

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Winter Squash

Winter squash preparation:

Winter squash is longer lasting than most produce! Some whole, uncut winter squash varieties may last for 3 months if kept in cool, dry, dark storage. Wash before preparation. Some varieties can be cooked halved, in the peeling. Enjoy after cooking, or freeze it for later use!

Weekly Challenge:

Plan a dish that incorporates winter squash!



Pexels.com

For more information, visit [Foodhero.org](https://www.foodhero.org)

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Winter Squash

Define



Winter squash is defined as hard-shelled squashes. A few examples of winter squash are acorn squash, cushaw, buttercup squash or Hubbard squash. The first time winter squash was domesticated was 10,000 years ago in the North and South Americas. Squashes are usually round or oval. They are rich in Vitamin A, C, and other essential vitamins.



Photo courtesy of Pixabay.com

Weekly Challenge:

Try a recipe with squash this week. For example, squash soup, spaghetti noodles, or roasted.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz

Winter Squash

Store



Squash can be eaten right away after picking and harvesting. However, they typically are better with time since they develop flavor off of the vine. The storage time is to wait 1-2 weeks before cooking for best flavor, although, they can be stored up to 2-3 months.



Photo courtesy of Pixabay.com

Weekly Challenge:

Grab a squash for fall decorations and when ready to eat cook it into a soup.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz 11-22

Winter Squash

Benefit



Squash has so many health benefits ranging from lowering blood sugar to protecting against cancer. The squash contains vitamin A which supports eye health and growth. Squash also contains to vitamin C to protect bone and joint health. How can you incorporate squash into your diet to benefit you?

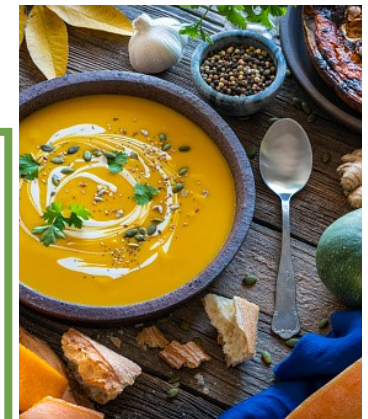


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Weekly Challenge:

Find out what squash can do for your health. Do a little research on your own.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz

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Winter Squash

Winter Squash Wisdom

- * They tend to have a thicker skin and have long shelf-lives.
- * There are several types including:
 - Butternut
 - Pumpkin
 - Acorn
 - Spaghetti



Pixabay.com

Winter Squash

Why is it beneficial?

- Healthy fiber and potassium source
- Beneficial for digestion, blood pressure, & healthy skin and hair
- Source of thiamin and niacin

Weekly Challenge:

Incorporate a winter squash into a dish this week.



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Winter Squash

Ways to eat a Winter Squash

There are many ways to enjoy eating winter squash. A few popular ways to prepare squash are to bake it with maple sugar, add it to soups, roast them, frying, braising, and/ or steaming. Winter squash have endless preparation possibilities.

Weekly Challenge:

Try a new way to prepare a winter squash.



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