



Winter Squash tastes great.

HARVEST BITES

- Circle all the meals on the menu that include winter squash.
- How many did you find?
- How many kinds of winter squash have you tried?
- Do you have a favorite?

Just for Kids

MAKE A MATCH

Directions: Draw a line matching the name of the fruit or vegetable to the correct picture.

Winter Squash

Tomato

Summer Squash

Pear

Watermelon

Asparagus

Peas



Grown In Oregon

Oregon farmers grow more than 40 million pounds of squash each year. It takes about 2,300 acres of land to grow all of that squash.

Oregon winter squash is harvested from mid-September through October. Since it keeps well, winter squash makes an easy side dish in the colder months.

Sweet Meat squash is a Northwest heirloom grown by an Oregon family for 100 years. It is said to make the best pumpkin pie on earth!

Circle all the winter squash varieties you want to try.



BUTTERNUT



BUTTERCUP



ACORN



AUTUMN



SWEET DUMPLING

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ -6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

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

Healthy, Fit and Ready to Learn

- Choose vegetables rich in color. Brighten your child's plate with deep red and orange winter squash.
- Try Sweet Meat, Butternut, Carnival, Butternut, and Small Sugar Pumpkin. They taste great and they are good for you too.

FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition Look for Oregon Farm To School and School Garden Program under Associated Topics.

