

October Family Newsletter

Choosing Healthy Habits Planner Theme: Vary Your Veggies & Vary Your Steps

By consuming **various colors of fruits and vegetables**, you provide your body with many different nutrients and vitamins. Having a **variety of fruits and vegetables** can make your snack/meal more interesting and delicious. Likewise, try to **vary your steps** or ways that you participate in aerobic activities. This will keep you motivated and help you explore different sports and recreational activities.

*Check out page 63 in the *Choosing Healthy Habits* planner for more information.



National Healthy Habit Celebrations

- ✓ Family Health Month
- ✓ Farm to School Month
- ✓ Health Literacy Month
- ✓ Red Ribbon Week (Oct. 23 - 31)

Healthy Habit Challenge

Set a goal to complete three or more days of vigorous sports and recreational activities such as dancing, soccer or tennis. Be sure to track your daily progress in your *Choosing Healthy Habits* planner.



Harvest of the Month: Squash

Fun Facts

- ✓ Squash is a good source of vitamin A, vitamin C and fiber.
- ✓ Squash contains no fat, saturated fat or cholesterol.



Buying Tips

- ✓ Select squash that are dull and heavy for their size.
- ✓ Avoid squash with soft spots or cracks.
- ✓ Store squash in a cool, dry area.

Ingredients:

- 1 tablespoon olive oil
- 2 onions, chopped
- 2 carrots, chopped
- 2 garlic cloves, minced
- 1 cup tomato puree, canned
- 5 cups low-sodium chicken or vegetable broth
- 4 cups winter squash, cooked
- 1 ½ tablespoons oregano, dried
- 1 ½ tablespoons basil, dried

Squash Soup



Instructions:

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about five minutes, covered.
4. Stir in the tomato puree, broth, cooked squash and herbs.
5. Bring soup to a simmer and cook for 30 minutes.
6. Enjoy!

*Makes 6 servings. For more information, [click here!](#)