

Healthy Meals Healthy Children

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Eating is a learned behavior!

Dear Parents,

October 6 is National Child Health Day 2014. Child Health Day in the United States raises people's awareness of how they can protect and develop children's health. In the interest of this observance I encourage you to focus on healthy eating and physical activity for your children and as a family. I have included information throughout this newsletter about developing good food habits in young children.

Young children are impressionable and both ready and eager to learn. That makes the preschool years a great time to nurture positive attitudes toward eating and help children learn to eat and enjoy a variety of foods. Establishing good eating habits and active lifestyles now starts a pattern that can last a lifetime!



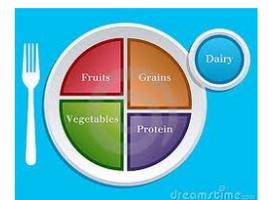
Abigail Pritchard
CEA-FCS, Ward County

MyPlate Tip of the Month:

Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>



Preschoolers grow at a slower rate than infants they need enough energy from food to fuel active play, learning, and the next stages of growth. They also need enough nutrition to promote their growth and health. Starting in the early years, good nutrition and healthful lifestyle habits can reduce the risks for overweight and obesity, diabetes, heart disease, cancer, and other chronic diseases later in life.

Remember that you are the most important influence on your child's habits. and that you can do many things to help your children develop healthy eating habits for life. Cook together, eat together, talk together, and make mealtime a family time!

Veggie of the Month... Acorn Squash

Did You Know...

Acorn squash is a type of winter squash that was named for its acorn-like shape.

Acorn squash come in a variety of colors including: yellow, dark green, tan, and orange.



How to Select

Select acorn squash that are dull and heavy for their size.

Avoid squash with soft spots or cracks.

How to Store

Store acorn squash in a cool, dry area away from extreme temperatures and sunlight.

Acorn squash can stay fresh for up to 3 months.

Nutrition Benefits

Fat free, saturated fat free, cholesterol free, sodium free and a good source of vitamin C. 30 calories per 1/2 cup serving

From FruitsandVeggiesMoreMatters

<http://www.fruitsandveggiesmorematters.org/acorn-squash>

Retrieved 9/30/14

Roasted Acorn Squash with Chile Vinaigrette

Makes 4 servings

Ingredients

2 (1 1/2 - to 1 3/4-lb) acorn squash

1/2 teaspoon black pepper

1 teaspoon salt

6 tablespoons olive oil

1 garlic clove

1 1/2 tablespoons fresh lime juice, or to taste

1 to 2 teaspoons finely chopped fresh hot red chile, including seeds

2 tablespoons chopped fresh cilantro

Preparation

Put oven racks in upper and lower thirds of oven and preheat oven to 450F.

Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges.

Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans.

Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.

While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt.

Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined.

Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

From Epicurious online

<http://www.epicurious.com/recipes/food/views/Roasted-Acorn-Squash-with-Chile-Vinaigrette-236007>

Retrieved 9/30/14

