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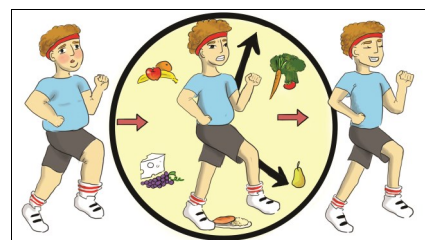
For more information on nutrition education and classes, please contact Priscilla Hammond at (979) 823-0129

## A Fresh Start To A Healthier You!

Your health is important. Take care of yourself and your body will thank you! Here are some tips to help you get started:

**\*Create Safe and Healthy Meals\***

- ◆ Wash your hands for 20 seconds with warm water and soap.
- ◆ Wash fruits and vegetables before you eat them
- ◆ Clean and sanitize your food prep and cooking area before and after using



**\*Balance Your Day\***

- ◆ Follow the MyPlate guidelines for a healthy plate ([www.choosemyplate.gov](http://www.choosemyplate.gov))
- ◆ Be physically active at least 30 minutes a day, 5 days a week

**\*Save More at The Grocery Store\***

- ◆ Use a shopping list to help you buy only the things that you need. Make a healthy list and stick to it!
- ◆ Compare the prices on foods to get the best value for your money

**\*Celebrate Small Bites\***

- ◆ Snack mostly on a variety of fruits and vegetables to get high amounts of beneficial vitamins and minerals

\*\*\*Over time, these habits can lead you to a happier and healthier life!



## What's In Season?: Pumpkin

Pumpkin tends to be the star of the fall season. There are so many fun and nutritious uses for them! Pumpkins are cholesterol free, fat free, sodium free, and high in vitamins A and C. Here are some ideas for ways you can enjoy them:

- \*Stuffed and baked with fruits and cinnamon
- \*Roasted cubes as a salad topping
- \*Roasted Pumpkin seeds
- \* With banana, nonfat milk, and nutmeg in a shake
- \*Puréed in a parfait with lowfat yogurt and granola
- \*Sautéed with other squash or sweet potatoes
- \*As a tasty creamy, soup (See back of newsletter for recipe)

**Pumpkin 411**

**How to Select:** Pumpkin should be heavy for its size and firm to touch.

**How to Store:** Can be stored for up to 2 months in a cool and dark area

# Cream of Pumpkin Soup

## What you need:

### Utensils:

- Large skillet
- Slotted spoon
- Small bowl
- Mixing spoon
- Measuring spoons and cups
- Cutting board

### Ingredients:

- ⇒ Non-stick cooking spray
- ⇒ 2 Tablespoons chopped onion\*
- ⇒ 1 small fresh tomato, chopped\*
- ⇒ 1 cup cubed thick sliced luncheon meat
- ⇒ 1 small carrot, diced\*
- ⇒ 1 Tablespoon flour
- ⇒ 3 cups low-sodium chicken broth
- ⇒ 2 bay leaves
- ⇒ 1 teaspoon thyme
- ⇒ 1 15-ounce can 100% pure pumpkin
- ⇒ Black pepper to taste
- ⇒ 1 8-ounce can evaporated fat free milk\*
- ⇒ 2 Tablespoons cornstarch

### What to do:

1. Wash your hands and clean your cooking area.
2. In a large skillet, coat with non-stick cooking spray.
3. Add onion, tomato, luncheon meat, and carrot. Cook for several minutes over medium heat.
4. Add flour and mix continuously for about one minute.
5. Add chicken broth, bay leaves, and thyme to skillet. Cover and cook on low for 5 minutes.
6. Remove bay leaves with a slotted spoon.
7. Add pumpkin and pepper to skillet. Mix well until ingredients are combined.
8. In a separate bowl, combine evaporated milk and cornstarch.
9. Add milk mixture to skillet. Cook on medium heat for 5 minutes or until heated throughout.
10. Serve immediately.

\*WIC Approved Food Package

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**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Cost per Serving:** \$0.46

## Nutrition Facts

Serving Size 1.5 cup (294g)  
Servings Per Container 6

### Amount Per Serving

**Calories 140**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 2.5g**      **4%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 500mg**      **21%**

**Total Carbohydrate 18g**      **6%**

Dietary Fiber 4g      **16%**

Sugars 9g

**Protein 13g**

Vitamin A 240%      •      Vitamin C 20%

Calcium 10%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### MyPlate:

½ cup Vegetables

1½ ounce Meat & Beans

