Eat Winter Squash

Snack Idea:
Microwave cut squash in water until it is soft then add a little bit of butter, cinnamon and sugar.

Produce Tip:
They can be stored for several months because they have a thick shell.

Health Tip:
Winter squash provides iron and calcium to keep you healthy.

For CalFresh information, call 530-225-5767. Funded by USDA SNAP, an equal opportunity provider and employer.
Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health

Network for a Healthy California Harvest of the Month

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