

# Nutrition News:

## Winter 2023

Area Agency on Aging of Dane County

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### How To Stock Your Pantry, Freezer, and Fridge

What you buy is just as important as how much you buy. So while it can be tempting to load your pantry full of guilty pleasure treats, try to focus on foods with a high nutritional value. A healthier you means a healthier immune system. Focus on having plenty of canned and frozen fruit and veggies to get your vitamin C, plus canned beans and fish for protein and zinc. Cereal, popcorn, rolled oats and other whole grains are important too.

#### Stock Up List

Dried or Canned Beans  
Rice, Pasta, Quinoa, Barley  
Root Vegetables (store in dark/cool area)  
Garlic/Onions  
Stocks/Broths  
Canned Fish  
Canned or Frozen Vegetables & Fruits  
Jarred Pasta Sauce  
Peanut or Almond Butter & Nuts  
Crackers, Cereal  
Bread (throw a loaf in the freezer)  
Cooking oil & Seasonings  
Shelf-Stable Milk  
Eggs  
Apples & Citrus (last longer in the fridge)  
Coffee/Tea  
Anything else you eat regularly!

Want to move more in the new year?  
Do you sit more than 6 hours a day?

#### Enrolling in a Stand Up Workshop can HELP!

You will learn:

- How sitting time affects your health
- The benefits of standing
- Strategies to stand up and move more
- How to set and stick to goals
- How to identify and address barriers

This program helps you add more standing time into your day so you feel better and improve your health. MOVE MORE...Even during these cold winter months.

**Classes: Thursdays @ 2-3:30 PM**  
**January 4, 11, 18, 25 & Feb 22, 2024**

**Virtual - Zoom Computer Class**  
**Free (option to donate \$15)**

Register by Dec 15, 2023 to:  
Shannon at 608-261-5678 or  
Gabriel.Shannon@countyofdane.com

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### Survey Time!

We need to hear from you! Please take part in the 2023 Senior Nutrition Program Congregate or Home Delivered Meal Survey coming to you in November.

Haven't seen it yet? Ask your nutrition site coordinator for a survey!  
Thank you, in advance, for sharing your feedback!





# SQUASH

Probably one of the most diverse group of vegetables would have to be squash. Just look at the variety of shapes, sizes and colors...zucchini, crookneck, butternut, acorn, pumpkin, spaghetti, and hubbard are just some of the varieties we commonly see in Wisconsin.

In North America, squash are grouped into summer and winter varieties. Summer squash are harvested as “immature” vegetables, which means they are harvested when their skin is still soft and the fruit is rather small. These include zucchini, patty pan, and crookneck.

Winter squash are harvested as mature vegetables, typically, the end of summer or early fall. Due to their late harvest, their skin is harder making them less likely to spoil. The name “winter squash” really comes from the fact that they can be stored throughout the winter. Some varieties include butternut, hubbard, acorn, and pumpkin.

Squash are loaded with vitamins (beta carotene), minerals, and FIBER!!! They also have cancer fighting antioxidants, and anti-inflammatory properties, and are very beneficial for your cardiovascular system. Even if the health benefits don't persuade you, the flavor alone should make you want to give them a whirl!

## SQUASH COOKING TIPS

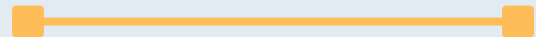
### Baked Pumpkin Seeds

Put aluminum foil on a baking sheet and put seeds in a single layer. Bake at 350 degrees Fahrenheit, stirring every few minutes, for 10-20 minutes or until lightly brown and crisp.

### Cooked Spaghetti Squash

Wash and pierce skin of squash with fork or knife, in several areas. Cook spaghetti squash in microwave for 10-15 minutes. Squash will be VERY HOT. Cut in half and remove seeds, and separate squash into strands. Do this by taking a fork and dragging it back and forth across the soft flesh. Serve cooked spaghetti squash like you would serve pasta. Top it with olive oil, tomatoes, and basil.

In colonial times, pumpkin was used in the crust of pies...not as the filling.



The world's largest pumpkin pie was over 20 feet in diameter and weighed 3,699 pounds!



Questions about this publication?  
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