



SESSION 6

STAY MOTIVATED!



Lesson highlights

Healthy celebrations

Just like we learned about planning for our everyday meals, when attending holiday celebrations, having a plan in place can be a great way to stick to your health goals while enjoying the holidays. Think of MyPlate and focus on making half of your plate fruits and vegetables. If the celebration is a potluck-style event where everyone brings something, wow your friends and family with your new favorite fruit or vegetable dish!



Additional resources

After the KC Fresh Rx program has finished, let's continue the habit of having fruits and vegetables at every meal! Choose from a variety of options, including fresh, frozen and canned. Look for low-sodium and low-added-sugar options when choosing canned or frozen foods. Look out for sales and shop for in-season items. Finally, use any resources that are available to you.



- If you qualify for **SNAP**, take advantage of the Double Up Food Bucks program where you can double your SNAP dollars on fresh vegetables and fruit. www.doubleupheartland.org
- **Food pantries** — Harvesters provides information on where to find assistance with food near you. www.harvesters.org
- **Food Equality Initiative (FEI)** provides subsidized grocery delivery for qualified people in Jackson County, Missouri, and Johnson and Wyandotte Counties in Kansas. Visit their site for more information. www.foodequalityinitiative.org

Fun Facts About Squash

Most squash can be put into two categories, summer squash or winter squash.



Summer squash, like zucchini, patty pan and yellow squash have thinner skins and a shorter shelf life when picked, usually only a couple of weeks. The term “summer squash” comes from the fact that people tend to eat them at this time because they take only 50 days to grow and need to be used quickly after picking. When in season, summer squash can be found at farmers markets, but you can find them year-round in grocery stores as an affordable vegetable that can be used in many ways. When shopping, choose summer squash with shiny and smooth skin and avoid any with cuts or bruises.

Winter squash, such as butternut, spaghetti and acorn have thicker skins that are usually removed before eating. They take around 100 days to grow and can last around two months if stored in a cool, dark place. This makes it a great vegetable to cook into soups and stews during the winter. When shopping for these types of squash, choose firm ones that are heavy for their size with no soft spots.

Join us at our final meeting at one of the following locations and times:

Wednesday, Oct. 7, 1–2:30 p.m. OR **Tuesday, Oct. 13, 1-2:30 p.m.** — [University of Kansas Clinical Research Center](#), Room 1106, 4350 Shawnee Mission Parkway, Fairway, Kansas

Tuesday, Oct. 6, 5:30–7 p.m. OR **Wednesday, Oct. 14, 5:30–7 p.m.** — [Merriam Community Center](#), Campbell Room, 6040 Slater Street, Merriam, Kansas

Thursday: Oct. 8, 9:30–11 a.m. — [Samuel U. Rogers Health Center](#), Propeller Building, Main Room. 2100 E. 9th Street, Kansas City, Missouri





Movement ideas



Being active can help your body control blood pressure and blood sugar. Here are some fun ideas to keep you moving!

- Join the Argentine Neighborhood for their free annual **Silver City Day** on October 3 from 9 a.m. to 3:30 p.m. Events include a parade, live music, performances and demonstrations.
- The **Shawnee Town Arts and Crafts Fair** is held in Shawnee, Kansas, on Saturday, Sept. 19. There will be 130+ vendors to visit, activities for the kids and live music for only \$1 per person.
- **Check out gallery exhibits** by local, regional, and national artists and exhibitors at Kansas City, Kansas, Public Main Library and Mr. and Mrs. F.L. Schlagle Library.
- **Plaza Art Fair** — Welcome the fall season at the 95th annual Plaza Art Fair. Enjoy live music, restaurants and work from 240 artists.
- Celebrate **Dia de los Muertos** on Central Avenue in Kansas City, Kansas, and at the Nelson Atkins Museum of Art in Kansas City, Missouri.

Did you know?



You can use spaghetti squash like noodles in your favorite dishes! It's a great source of vitamin A for eye health and vitamin C for skin and gum health.

Look for firm squash with no soft spots. They can be stored in a cool, dark place or on your counter, out of direct sunlight, for up to two months. To cook, carefully cut the squash in half and scoop seeds and pulp out with a spoon. (You can even rinse and roast the seeds in the oven for a tasty snack!) Place both halves cut side down on a baking sheet and roast in the oven at 400 degrees F for 25 minutes or until you can poke it easily with a fork or knife. Scoop out the squash "noodles" and eat it by itself or as your favorite pasta dish.



For a faster way to cook the squash, you can microwave it by first poking small holes in the skin of the whole squash with a fork. This will allow the steam to escape while cooking. Microwave for five minutes at a time, rolling the squash each time for a total of 10-15 minutes until tender. Remove the hot squash from the microwave carefully with a clean towel and cut in half. Take out the seeds and pulp in the center before enjoying the tender squash "noodles" inside.

Recipes for the month



Visit www.marc.org/kcfresh to access recipes online.

- Slow Cooker Black-eyed Pea Soup
- Flatbread Pizza with Fresh Vegetables
- Banana and Apple Smoothie
- Butternut Squash and Black Beans — *as seen in our meeting!*

What's in season now?



BLACK-EYED PEAS



APPLES



PEARS



WINTER SQUASH



spaghetti



acorn



butternut

SWEET POTATOES

