

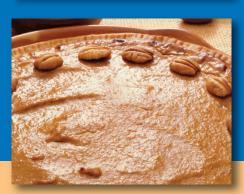


Hey kids, become a FOOD EXPLORER and check out this Month's Discovery...

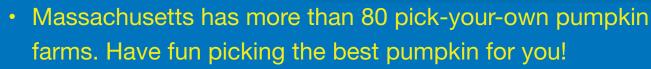
Pumpkins







Did you know...?



- The world's largest pumpkin weighed 1,689 pounds heavier than a full-grown buffalo!
- The Irish made the first jack-o'-lanterns from foods like turnips and beets. When they came to America, they found pumpkins much easier to use.
- Early colonists filled empty pumpkins with milk, honey, and spices, and baked them in hot ashes – the first pumpkin pies.
- Pumpkins are in the squash family. They are really fruits because they have seeds.

DELICIOUS AND NUTRITIOUS

Like carrots, pumpkins have vitamin A that helps us see at night – all the better for trick-or-treating!

A SUPER SNACK IDEA

Try roasting pumpkin seeds for a crunchy, healthy snack!

PUMPKIN HUMOR

Knock Knock. Who's there? Wanda. Wanda who? Wanda piece of pumpkin pie?



Nutrition Education Program

For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights.



