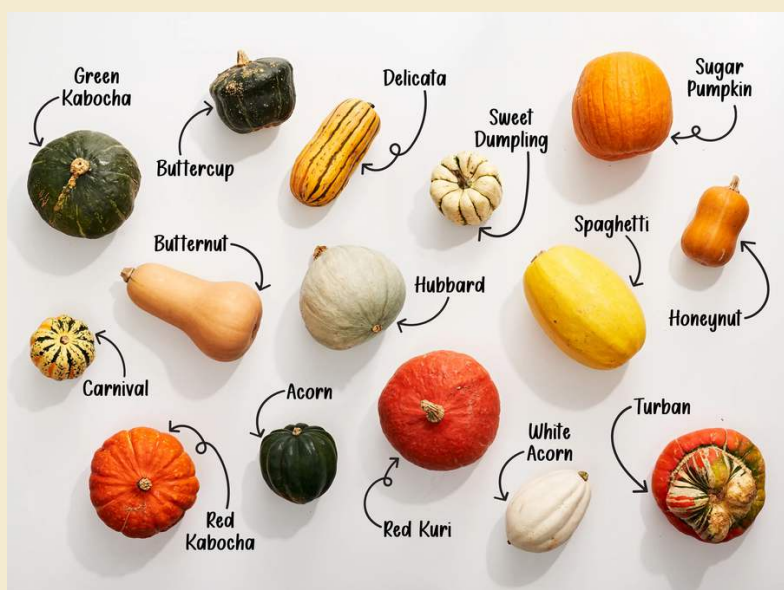



# SQUASH IT UP!

Squash is a type of fruit, but it's commonly used and prepared as a vegetable in cooking. It belongs to the gourd family and includes various types like summer squash (e.g., zucchini, pattypan) and winter squash (e.g., butternut, acorn, pumpkin).




A single cup of butternut squash & other orange squashes provides more vitamin A than most people need in a day \*457% of the daily value).



## SQUASH IT UP

a squash-tastic campaign!  
Time to squash-xercise!

### SQUASH LUNGES



1. Take your squash and lift it up above your head.
2. Stand with your feet hip-width apart, keep your back straight, your shoulders back, and your abs tight.
3. Take a step forward and slowly bend both knees, until your back knee is just above the floor.
4. Stand back up and repeat the movement.
5. Alternate legs until the set is complete.

An alternate move is to hold the squash at eye level and follow steps 2-5.

# TRY THESE RECIPES

Click on the image to follow the link

## Summer Squash Medley



## Squash Soup



## 3 Ingredient Butternut Squash Fudge Brownies



## Japanese Curry with Winter Squash and Mushrooms



## Roasted Butternut Squash Tacos



## Beef Stew with Pumpkin (or Butternut/Acorn Squash)

