

TOT TALK

NUTRITION & HEALTH NEWSLETTER

Fall



Greetings!

Hello Parents!



The weather is cooling off and fall is moving in. Harvest season is here! Farmer's Markets are bursting with fruits and vegetables for us to enjoy.

Preschoolers and adults need to eat fruits and vegetables every day! Aim for fruits and veggies at every meal and snack. Let your child help pick them out! Then let them help in the kitchen at home. The more they help the more likely they'll eat it!

The Food Trust

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“Assuring that everyone has access to affordable, nutritious food.”



Fall Fun with Fruits and Vegetables

Take advantage of the harvest season with these special Fall activities.



- Visit a pumpkin patch
- Go apple picking
- Play in the leaves
- Carve pumpkins
- Cook with your tot
- Visit a Farmer's Market

Vegetables Available in the Fall

September, October & November

<p>Beans & Limas Beets Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery</p>	<p>Celery Collards Corn Chestnuts Cucumber Eggplant Lettuce Mushrooms</p>	<p>Onions Peppers Potatoes Pumpkin Spinach Squash Tomato Turnip</p>
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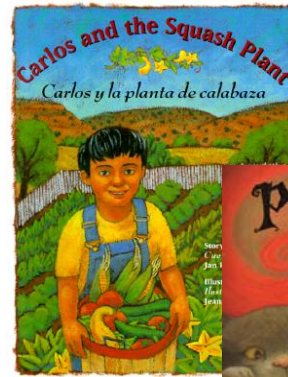
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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, as part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.



Fall Reading List for Tots

- *Carlos and the Squash Plant*
- *Carrot Soup*
- *I am an Apple*
- *Little Rabbit's Loose Tooth*
- *Pumpkin Soup*
- *We Eat Food that's Fresh*



Fabulous Fall Recipes



Pumpkin Soup

1 can (15 ounce) rinsed and drained white beans
 1 small onion
 1 cup water
 1 can (15 ounces) plain pumpkin
 1 can (14.5 ounces) chicken or vegetable broth, low-salt
 ½ teaspoon thyme or tarragon
 Salt and pepper to taste (optional)

Serving: 1 ½ cup
 Servings per Recipe: 4

1. Blend white beans, onion, and water.
2. In soup pot, mix bean puree with pumpkin, broth and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through.

Recipe from USDA Recipe Finder

Roasted Root Vegetables

4 medium sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
 2 chopped carrots
 1 medium chopped onion
 ¼ cup vegetable oil
 3 Tablespoons Parmesan cheese
 Season with your favorite spices

Serving: ¼ recipe
 Servings: 4 servings

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Recipe from USDA Recipe Finder

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