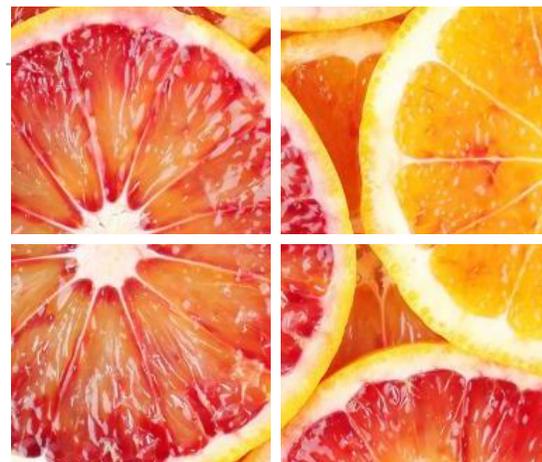


Arbor Management, Inc.

Nutrition News

December 2016



Winter is coming

Snowflakes will start falling, making warmer foods taste so much better. Arbor has taken the time to ensure that you and your child will enjoy all tastes of winter! Look for pop-up scratch recipes to enjoy at home. Currently in season: grapefruit, oranges, turnips, and winter squash!

Not only is winter filled with a new season of fruits, but it is also filled with some great new activities! Some suggestions on how to remain active throughout the winter months:

- Ice skating
- Build a snow family (instead of just one snow man)
- Construct your own ski lounge in your front yard
- Shovel your neighbor's snow

Healthy Celebrations this Month:

All of December: National Pear, Tropical Fruit, Root Vegetables, and Winter Squash Month

December 1st: Red Apple Day

December 3rd: Apple Pie Day

December 8th: (Black Bean) Brownie Day

December 12th: National Cocoa Day

December 14th: Roasted Chestnuts Day

December 15th: Lemon Cupcake Day

December 19th: Oatmeal Muffin Day

December 21st: National Hamburger Day

December 24th: National Egg Nog Day

December 27th: National Fruitcake Day



The Month of Winter Squash



GROW: Squash grows on vines along the ground. Popular varieties of squash include butternut, spaghetti, acorn, and delicata

NUTRITION: Squash are generally high in vitamin A, antioxidants, and omega-3 fatty acids that help us fight off illnesses, and keep healthy brain and nerve functions!

FLAVOR: Slightly sweet and creamy

TRIVIA: Winter squash and summer squash grow at the same time, but the thick skin of winter squash helps them last through the winter. Did you know pumpkin is also a squash?

Lemon and Herb Spaghetti Squash



All you need (serves 4):

2 small-medium spaghetti squash
12 oz large shrimp, peeled & deveined
2 Tbsps. olive oil
Salt and pepper to taste
2 lemons, juiced & zested
½ cup dry white wine
¼ cup plain Greek yogurt
2 Tbsps. parsley chopped

All you do:

1. Preheat oven to 350°F and cut squash right down the middle. Scoop out the seeds and place the squash cut side down. Bake for about 45 min or until tender
2. Meanwhile, over medium heat, cook shrimp in oil adding garlic, salt, and pepper for about 2 minutes.
3. Remove from heat and add lemon juice, zest, and white wine. Remove from skillet and whisk in Greek yogurt
4. Remove squash from oven and scrape spaghetti out of out spaghetti