

# Child Nutrition Council of Manitoba

## Vegetable and Fruit Program Newsletter



### Pumpkin Soup



Submitted by –  
Sherri Courchene,  
Keeping Balance Program  
“Kids love it and you can freeze it!”

#### Ingredients:

2 medium onions, chopped (~1 cup)  
2 Tbsp. butter  
2 cans (14 ½ oz.) chicken broth  
2 ½ cups water  
2 lbs. pumpkin, peeled & cubed (~ 5cups)  
1 tsp. salt  
¼ tsp. black pepper  
1 cup milk

Sauté onions in a deep pot until golden brown. Add broth, water, pumpkin, salt & pepper. Boil and simmer approximately 20 minutes. Remove and puree. (Puree slightly for a thicker hardier soup.) Return to pot & add milk. Bring to boil over medium heat. Serve.

### Pumpkin



#### Nutrition Information

1 serving = 61 g (125 mL)

- Source of Vitamin C
- Source of potassium
- Sodium-free
- Fat-free

Look for even colored, well matured ones heavy for size, not broken, cracked or soft.

Keep at room temperature for up to one week; do not refrigerate. Refrigerate cut portions up to 5 days.

To prepare cut in half, remove seeds and fibres. Bake individual halves or cut in chunks and boil or steam. Serve cubed, mashed or in soups or baking.

## Fall Snack Ideas

- Pumpkin Soup
- Fruit Salad
- Apple Slices
- Spaghetti Squash
- Frozen Fruit Smoothie
- Roasted Potatoes
- Pear Slices
- Coleslaw
- Spooky Platters (vegetables arranged to look like spiders or skeletons)
- Black and Orange Vegetable and Fruit Kabobs



## Nutrition Education Activity Ideas

**With younger students:** Create a large food guide rainbow for the wall or bulletin board. Have students draw and color their favourite foods and display them on the food guide.

**With older students:** Ask students to pick out favourite snacks from collected food packages and food pictures. Have students copy out the ingredient list of one highly processed snack (cookies/potato chips) and one whole food (egg/vegetable). As a larger group have students try and match food products with the ingredient list. Have conversations about the ingredient lists, the length of the lists, and the types of ingredients found in highly processed foods. This activity could also be done with drinks, for example water, 100% orange juice, orange pop, orange punch, orange sports drink, orange vitamin water.

***A Resource for Educators and Communicators*** provides background



information, tips and tools to complement each recommendation in Canada's Food Guide. Order your free copy at [healthcanada.gc.ca/foodguide](http://healthcanada.gc.ca/foodguide)