



**Building**  
Healthy Habits

# Fall Quick Tips October 2025

Cornell  
Cooperative  
Extension

## Fall Fruits and Vegetables



Fall is here, and that means lots of tasty seasonal fruits and veggies! This is a great time to try something new or use your favorites in a different recipe. Right now, you'll see cauliflower, winter squash (like acorn and butternut), Brussels sprouts, potatoes, sweet potatoes, and beets. You'll also find plenty of apples and pears. Each of these foods has different vitamins, minerals, and fiber that your body needs. Eating a mix of colorful produce—sometimes called “eating the rainbow”—is a fun way to stay healthy.

Not sure about some of these? Give them a try! For example, many people think they don't like Brussels sprouts because they've only had them boiled or steamed, which can make them mushy and too strong in flavor. But roasting them is a game-changer! Just wash them, cut an “X” in the bottom stem, toss them with oil, salt, and pepper, and spread them out on a baking sheet. Roast at 425°F for about 20 minutes. Roasting makes them tender and brings out a delicious sweetness that might surprise you!

## Eat Together, Eat Better

Eat Together, Eat Better this month by turning mealtime into family time!

1. Cook together – Invite your child to help by rinsing fruits and veggies, setting the table, or turning off the TV.
2. Eat together – Make mealtime special by focusing on each other. Try making it a “no phones” zone.
3. Talk together – Ask fun questions like, “If you could invite anyone to dinner, who would it be and why?” or “What made you happy today?”

Sharing meals isn't just about food—it's about connecting, laughing, and making memories as a family.



This material is funded by Expanded Food and Nutrition Education Program, USDA, and NIFA

**EFNEP**  
Expanded Food and Nutrition Education Program

# Building Healthy Habits Recipe

## Baked Apples and Squash

Serving size 3/4 cup

Makes 3 cups

Ingredients:

2 cups winter squash cubes

2 cups apple cubes

1 tablespoon vegetable oil

1/2 teaspoon cinnamon

1 tablespoon sugar

1/2 teaspoon salt

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 425 degrees.
4. In a large bowl, combine all ingredients. Toss to coat evenly.
5. Spread mixture on a baking sheet.
6. Bake for 20-30 minutes, or until squash is soft.
7. Refrigerate leftovers within 2 hours.

**Nutrition Facts:** Serving size: 3/4 cup, calories: 110; total fat: 3.5g; saturated fat: 0g; sodium: 290mg; total carbohydrate: 20g; added sugars: 3g; Protein: 1g; Calcium: 41mg; Potassium: 315mg, Vitamin C: 18mg Vitamin A: 374mcg

Source: FoodHero.org

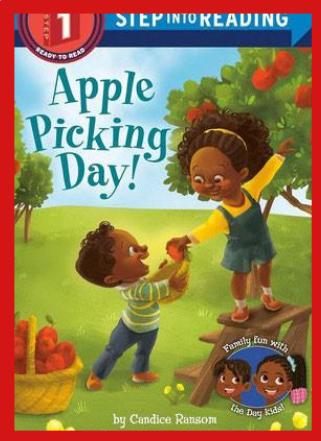


## Celebrate National Apple Month!

New York grows many different kinds of apples. This month, check out a local farmer's market to see which apples are grown near you. Or, try apple picking! Many orchards let you pick your own with your friends and family. Be sure to call ahead to check which kind of apples are ready. To find an orchard near you, visit: [applesfromny.com](http://applesfromny.com)

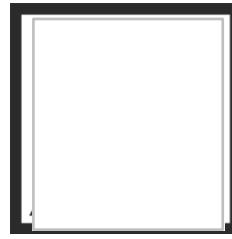
## Kids' Book Nook

With your child, visit your local library and borrow "Apple Picking Day" by Candice F. Ransom and read it together. After reading, talk about different ways you can enjoy apples for a healthy snack!



## Meet Your Educator

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