

# Butternut Squash

**Store:** Lasts 2 to 3 months when stored in a dark, cool space. Refrigerate once cut.

**Prep:** Peel skin off before using and remove seeds and pulp inside.

**Serve:** Cook by steaming, microwaving, baking, or stir-frying. Butternut squash loses nutrients when boiled. Butternut squash is easy to puree into soups, used as a sauce, or added to dishes such as lasagna. You can also add cinnamon and brown sugar to butternut squash and have a healthy dessert similar to pumpkin pie.

**Tips:** Great source of fiber that will keep you full for longer. Good source of vitamin A to improve skin and eyes. For a protein-packed snack: lightly coat seeds with oil and salt and pepper and bake at 425° F.



**INTER-FAITH  
FOOD  
SHUTTLE**

# Carrots

**Store:** Refrigerate carrots in a plastic bag for up to 2 weeks.



**Prep:** If you buy carrots with green tops, cut off the tops before refrigerating. Fresh and frozen are both healthy options. Avoid wilted, soft or limp carrots.

**Serve:** Can be eaten raw, sliced into sticks or shredded. Cook by steaming or roasting in the oven. Boiling loses nutrients. Carrots can be added to most meals, either in the dish or as a side.

**Tips:** Great for your skin and eyes. Help to prevent diseases and fight infections.



**INTER-FAITH  
FOOD  
SHUTTLE**

# Mango

**Store:** Store at room temperature until ripe- tender when touched.

**Prep:** Only cut when soft to touch, like peaches. Peel off the outer skin and dispose. Slice inner flesh from the pit and enjoy!

**Serve:** Cut into slices and freeze for smoothies or desserts. Dice and add to homemade salsa with lime juice, onions, peppers, and a little honey.

**Tips:** Good source of antioxidant vitamin C, and vitamin A for eye health. Small mangos are often yellow, while large ones are usually green or red.



**INTER-FAITH  
FOOD  
SHUTTLE**

# Nectarines

**Store:** Store unripe nectarines in a paper bag until ripe. Once ripe, store at room temperature for sure within 2-3 days.

**Prep:** Rinse (do not soak) under cool water just before use.

**Serve:** Slice as a snack with yogurt or add to a salad. Broil in the oven and combine with yogurt and honey for a healthy dessert!

**Tips:** Help with hydration because of the high water content. When choosing nectarines, firmer ones will take longer to ripen while ripe nectarines should be used right away.



**INTER-FAITH  
FOOD  
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# Oranges

**Store:** Can be stored at room temperature for up to 4 days, and then should be refrigerated and will keep about 2 weeks.

**Prep:** Peel away the outer skin. Cut or peel off slices of fruit.

**Serve:** Juice or eat raw as a snack. Bake for desserts or add to salads for a fruit addition!

**Tips:** Great source of vitamin C to boost your immune system. Has been shown to lower blood pressure and cholesterol.



**INTER-FAITH  
FOOD  
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# Peaches

**Store:** Store at room temperature until fully ripe. When ripe, store in refrigerator for use within 3-5 days.

**Prep:** Rinse (don't soak) under cool water just before use. Discard pits.

**Serve:** Slice as a snack with yogurt or add to a salad. Broil in the oven and combine with yogurt and honey for a healthy dessert. Can make a fruit salsa with peaches, onion, bell peppers, and lime juice.

**Tips:** A ripe peach will be slightly soft to the touch. Peaches have antioxidant vitamin C to help your immune system.



**INTER-FAITH  
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# Pumpkin

**Store:** Lasts 2-3 months when stored in a cool, dark place. Do not refrigerate.

**Prep:** Slice in half for roasting and remove seeds and pulp inside.

**Serve:** Cook by steaming, microwaving, or roasting. Boiling loses nutrients. Save the seeds for a snack- just clean off the pulp, sprinkle with seasoning and oil, and bake in the oven.

**Tips:** Great for keeping you hydrated because they contain a lot of water. Contain Vitamin A.



**INTER-FAITH  
FOOD  
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# Sweet Potato

**Store:** Keep in cool, dry, dark places for 3-4 weeks.  
Do not refrigerate. Wash only before use.

**Prep:** Scrub using a brush or hand to remove dirt.

**Serve:** Cook by steaming, microwaving, or roasting in the oven. Boiling loses some of the valuable nutrients.

**Tips:** Great for your skin, eyes, and digestion because of its high amount of beta-carotene and fiber!



**INTER-FAITH  
FOOD  
SHUTTLE**