



# Mealtime Memo

## for Child Care

### Harvest Season

The fall season is here, bringing with it colorful leaves, cooler weather, and apple cider. Many people, young and old, will have the opportunity to visit cider mills and sample their brew. Some may think that all cider sold at cider mills is good for you; however, let's talk about how it may not be.

Some cider has been pasteurized (heat-treated), while other cider has not. Pasteurized cider is heated to kill harmful bacteria such as *Salmonella* and *E. coli*. Make sure when your children taste or drink cider that it is pasteurized. This precaution applies to cider purchased at the mill or store-bought cider.

Keep in mind that children are high-risk individuals whose immune systems have not fully developed. Therefore, they cannot fight off certain illnesses as easily as adults. Individuals who are at risk because their systems are not fully developed or those whose systems have been compromised include infants, young children, pregnant women, older adults and individuals with other health related illnesses. Anyone who has a chronic disease or other conditions that affect their health should not consume non-pasteurized cider.

Some cider mills offer pasteurized as well as non-pasteurized cider. If you purchase cider from a grocery store or any other place of business, make sure it states "pasteurized" on the label. If the product has not been pasteurized, it should have a warning label on it stating that it has not been pasteurized and may be harmful for certain individuals to consume. Make sure the children in your care, whether they are at the cider mill or at your center or home, receive pasteurized cider only.

How can you be sure the juice has been pasteurized? Read the label and see if it has been pasteurized or if there is a warning label. If you can't find the information on the label, ask an employee working in the facility where you are shopping. Always keep in mind — When in Doubt – Don't Consume!



## Reference

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# Squash-Apple Casserole

What a delicious autumn side dish! Use your favorite varieties of apples and winter squash for this tasty recipe.

## Ingredients

- 2 1/2 cups winter squash (such as acorn, butternut or hubbard)
- 1 1/2 cups apples (cooking, such as Macintosh, Granny Smith or Rome)
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon

## Directions

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees for 45-60 minutes, until squash is tender.

**Source:** University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>40</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>0 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

