



Featured Recipes

Celebrate squash with these featured recipes:

- [Pumpkin Banana Muffin](#)
- [Creamy Butternut Squash Soup](#)
- [Toasted Zucchini Sticks](#)

[Click here](#) for more recipes from FitCity.

Garden on the Go has Grown

Garden on the Go, a truck that delivers fresh produce to Indianapolis neighborhoods, has expanded its route from 12 to 16 stops. [Click here](#) for more information and the expanded schedule.

Join In and Jump!

Want to help break a Guinness World Record for Jumping Jacks? First Lady Michelle Obama will kick off the world record attempt for jumping jacks on October 11. More than 20,000 people are needed to do jumping jacks for one minute to break the record. [Learn more.](#)

Cook Together

Do you know the best way to make sure you eat together as a

FitCity Focus: Squash into Fall!

The best produce to eat is produce in season. Why? Because produce in season is packed with nutrients, tastes the best and is the least expensive. One kind of produce currently in season - yet somewhat unfamiliar to many, is squash.



Winter squash (pumpkin, butternut, acorn, spaghetti, zucchini, and yellow squash) are packed with nutrients and offer a number of health benefits. Once you "squash" the idea of eating it, find out first why it's good for you:

1. Fiber: Squash is packed with fiber, the nutrient shown to help lower cholesterol and fight colon cancer.
2. Vitamin A: Pumpkin and butternut squash are especially high in beta-carotene, a precursor for Vitamin A, the "anti-infection" vitamin.
3. Omega 3: Pumpkin seeds are high in the essential fatty acids that are good for the brain, heart and eyes.

[Click here](#) for more health benefits of squash.

Food Day: October 24

Celebrate real food and the movement rising to reform the American food system. Get real, eat real and participate in [Food Day](#) on October 24. Try these three easy steps to creating a healthier food culture:

1. Eat more food from farms and less from factories
2. Promote urban gardens
3. Curb junk food

Now you're ready to [participate!](#)

family? Cook together!

To help you find more recipes to cook with your family, FitCity will kick off our Kids Cook Recipe Challenge with the help of [Kids Cook Monday](#) and the [Center of Wellness for Urban Women](#). Later this month, we will ask you to send us your favorite kid-friendly recipes. We'll share all the recipes we receive on our [Facebook page](#). One lucky recipe will be featured on the Kids Cook Monday website! Details coming soon on our website, on Facebook and on Twitter.

Sesame Street Takes on Child Hunger

The USDA says 16 million kids live in "food-insecure" households, meaning they have limited access to affordable and nutritious foods. The Muppets take on the issue of childhood hunger during its October 9 show on PBS. [Read more](#) about what's happening on Sesame Street.

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MyPlate Fruits & Veggies Video Challenge

The USDA is challenging you to show how you're adding more fruits and vegetables to your diet without straining your budget. [Click here](#) for more information about the challenge.

FitCityCalendar

Below are just a few events taking place around the city to get you moving more and eating healthy.

- **Saturday, October 8:** [Indiana AIDS Walk](#), 11:30 a.m. Wellness Fair; 1 p.m. 5K Walk, University Park, downtown.
- **Saturday, October 22:** [Heart of Indiana](#), 8:30 a.m., Celebration Plaza, downtown. A portion of your entry fee benefits the fight against childhood obesity.
- **Wednesday, October 26:** [Becky's Healthy Kitchen Class](#): Fall Comfort Foods, 6:30 p.m., Indy's Kitchen.
- **Saturday, October 29:** [Gluten Free Halloween](#), noon-2 p.m., Whole Foods Market, 86th St. location.

For more events and FitCity resources visit www.fitcityindy.org or call 2-1-1.

FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of Central Indiana](#), [Marion County Health Department](#) and [Connect2Help 2-1-1](#).

Make a healthy move and share the FitCity News!

Forward
to a Friend >