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#400GCHALLENGE

IT'S HALLOWEEN!

It's the season for jack-o-lantern carving – but did you know that you can use all parts of pumpkins? Here are some simple tips for minimising waste this holiday, whilst helping you to take on the #400gchallenge



There's no need to throw away your **PUMPKIN SEEDS!** this Halloween!

Rinse them under cold water, pat them dry, and sprinkle on some salt and oil. Roast them for about 45 minutes on a medium heat for a **ZINC-RICH** on-the-go snack.

Whether you use them in savoury dishes like risotto or lasagne, or sweet treats like pies and spiced lattes, pumpkin works well in a wide range of recipes.

Like any gourd, pumpkins<sup>2</sup> are really versatile and full of nutrients, such as **SELENIUM** and **VITAMIN A**



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<sup>1</sup> <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169415/nutrients>  
<sup>2</sup> <http://www.aprifel.com/fiche-nutri-produit-allegations-potiron,88.html>