



Harvest of the Month

May

Health and Learning Success Go Hand-in-Hand

May is a great time in California to try new fruits and vegetables and be active outdoors. Studies show that proper nutrition and regular physical activity can improve a child's mood, memory and classroom behavior — even test performance. With **Harvest of the Month**, your family can explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

The **Harvest of the Month** featured fruit is **strawberries**



Produce Tips

- Strawberries are picked at their peak of freshness. They do not ripen after harvesting. So make sure to pick ones that are bright red, have a natural shine and green caps that look fresh.
- Store unwashed strawberries in the refrigerator to keep them fresh.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- For best flavor, allow strawberries to reach room temperature before serving.

BANANA BERRY PANCAKES

Ingredients:
(Makes 4 servings at 2 pancakes each)

1 large banana, peeled and sliced

1 cup complete pancake mix

½ cup water

Nonstick cooking spray

Topping:

1½ cups frozen or fresh strawberries

2 tablespoons strawberry jam

1. Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended.
2. Spray large skillet with cooking spray over medium heat. Pour ¼ cup batter for each pancake into hot skillet.
3. Cook pancakes for 2 minutes on each side or until cooked through.
4. While pancakes are cooking, combine berries and jam in small bowl. Microwave on high for 1 minute. Stir and then cook for 1 minute more.
5. Spoon topping over pancakes. Serve.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Let's Get Physical!

- May is National Physical Fitness and Sports Month. Find out what your child's favorite activity and/or sport is and then do it together.
- Ride Your Bike to Work Day also takes place in May. Make arrangements for you and your child to ride bikes to work and school.

For more information, visit:
www.californiabikecommute.com

Nutrition Facts

Serving Size: 1 cup, halves
(152g)

Amount per Serving

Calories 49 Calories from Fat 4

% Daily Value

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 1g

Vitamin A 0% Calcium 2%

Vitamin C 149% Iron 4%

Source: www.nutritiondata.com

Healthy Help

- Keep fruits and vegetables visible and easily accessible. For example, keep produce on the counter or at your child's eye level in the refrigerator.
- Add fresh fruits and vegetables to foods your child already eats — berries to yogurt and cereals, vegetables to pasta and pizza, and tomatoes to sandwiches.
- Instead of ice cream, keep bags of frozen fruit in the freezer for a refreshing snack.
- Help your child's school create a healthy environment. Send healthy snacks for class parties.

Helping Your Kids Eat Healthy

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with ice and orange juice (or lowfat yogurt) to make a quick and tasty smoothie.
- Toss strawberries in a salad.
- Strawberries are a tasty snack all by themselves. Just wash them, remove the stem and enjoy.

For more ideas, visit:

www.harvestofthemoth.com

www.calstrawberry.com



**EAT FRUITS & VEGETABLES
AND BE ACTIVE**

Harvest of the Month



Growing Healthy Students

June

The Harvest of the Month featured fruit is **peaches**



Helping Your Child Eat Healthy

- Slice fresh peaches over whole grain breakfast cereals.
- Use fresh or frozen peaches to make smoothies — blend with nonfat milk, yogurt or orange juice and ice.
- Combine peaches, lowfat yogurt and granola for a healthy snack.
- Eat rinsed, whole peaches with your child as a snack.
- Top lowfat ice cream or lowfat frozen yogurt with sliced peaches for dessert.
- Eat the skin! Fruit and vegetable skins contain fiber and many essential vitamins and minerals.
- Take your child to a farmers' market to select California grown peaches at their peak — in-season produce costs less and tastes better.

For more information, visit the *Family Room* at: www.harvestofthemonth.com

Health and Learning Success Go Hand-in-Hand

Enjoy what California has to offer in the summer — a bounty of fresh fruits and vegetables and hundreds of parks.

Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your child to learn and focus better in school. Use **Harvest of the Month** to help your family eat healthy and be active.

GOOD MORNING COBLER

Ingredients:

(Makes 4 servings at ¾ cup each)

2 medium peaches, sliced (or 1 can sliced peaches, drained*)

1 (15-oz.) can pear halves, drained and sliced*

1 cup dried plums, halved

¼ teaspoon vanilla extract

1 orange

1 cup lowfat granola

*Fruit packed in 100% fruit juice.

1. Combine peaches, pears, dried plums and vanilla in large microwave-safe bowl.
2. Grate orange peel to get about 1 teaspoon. Then, cut orange in half and squeeze ¼ cup juice. Mix peel and juice with fruit mixture.
3. Top fruit mixture with granola.
4. Microwave on high for 5 minutes. Let cool for 2 minutes.
5. Spoon into bowls and serve warm.

Adapted from: *Kids...Get Cookin'!*, California Children's 5 a Day – Power Play! Campaign, Public Health Institute, 2000.

Produce Tips

- Choose peaches that are fragrant and firm to slightly soft when pressed.
- Look for fruits with a bright yellow background (not red). This indicates ripeness and flavor.
- Ripen firm peaches in a brown paper bag at room temperature. Store up to three days.
- Store ripe peaches in a plastic bag in refrigerator for up to five days.

Nutrition Facts

Serving Size: 1 medium peach (98g)

Amount per Serving

Calories 38 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 6%

Sugars 8g

Protein 1g

Vitamin A 6% Calcium 1%

Vitamin C 11% Iron 1%

Source: www.nutritiondata.com

Nectarines are a type of fuzzless peach with a smooth skin. Visit www.harvestofthemonth.com to review the Nutrition Facts label for nectarines.

Let's Get Physical!

- Participate in outdoor activities and take advantage of more hours of daylight.
- Visit one of California's almost 300 state parks. Or visit a regional or local park. These are family-friendly and free to the public.*
- Parks provide dozens of recreational opportunities — from water sports, hiking and biking to exploring California's nature, history and cultures.

*While most parks are free to use, many charge a parking fee.

To find a park near you, visit: www.parks.ca.gov/parkindex/

How Much Do I Need?

A serving of peaches or nectarines is one medium fruit. This is about the size of a baseball. Eat a variety of colorful fruits and vegetables throughout the day to reach total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



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