



Harvest of the Month

September

Health and Learning Success Go Hand-in-Hand

Healthy eating can help with your child's success in school. Studies show that fruit and vegetable consumption improves memory and classroom behavior. Explore, taste and learn about eating more fruits and vegetables and being active every day. The **Harvest of the Month** featured fruit is

apples



Helping Your Kids Eat Healthy

- Dip apple slices in calcium-rich lowfat yogurt or protein-filled peanut butter.
- Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.
- Use applesauce to make reduced-fat baked goods. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.
- Ask your child to help pick out apples at the grocery store.
- Discuss with your child what your favorite fruits or vegetables are, why you like them and your favorite ways to eat them.

For more ideas, visit:

www.harvestofthemonth.com
www.calapples.org

Nutrition Facts

Serving Size 1 medium apple (154g)

Amount per Serving

Calories 80 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 15%

Sugars 16g

Protein 0g

Vitamin A 2% Calcium 1%

Vitamin C 12% Iron 1%

Source: www.nutritiondata.com

Let's Get Physical!

• "Walk to School" Week takes place the first week of October, so join in on your child's "Walk to School" Week activities. Visit www.cawalktoschool.com for more information.

• If walking to school is not possible, consider other safe places to walk — the library, park or around your neighborhood.

• Take a family walk after dinner.

For more physical activity ideas, visit:

www.kidnetic.com
www.verbnow.com

TUNA APPLE SALAD

Ingredients:

(Makes 4 servings at ½ pita each)

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons minced red onion
- 1 apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 pita breads, cut in half OR 4 slices whole wheat bread

1. In a small bowl, stir tuna, onion, apple, celery, raisins and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of tuna mixture and greens.

Adapted from: *Everyday Healthy Meals*, Public Health Institute, 2007.

Healthy Help

- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.
- Review the school menu with your child and circle the meals that have apples in them.

Produce Tips

- Select apples that do not have bruises and are firm to the touch.
- Keep apples refrigerated to slow ripening and maintain flavor. When properly stored, apples can last over three months.
- To minimize browning, prepare fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.



Harvest of the Month

October

Health and Learning Success Go Hand-in-Hand

The benefits of healthy eating can also reflect in your child's education. Studies show that healthy immune systems, memory function and vision are linked to proper nutrition. Explore, taste and learn about eating more fruits and vegetables and being active every day.

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

pears



Healthy Help

- Studies show that children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- The second week in October is National School Lunch Week (NSLW). Get involved with your school's NSLW activities and encourage your child to eat the school breakfast and lunch. Call the school district's main office for more information.
- Set a good example for your child by including fruits and vegetables in snacks and daily meals.
- Instead of candy, hand out healthy and safe Halloween treats such as raisins or stickers.

SPINACH PEAR SALAD

Ingredients:
(Makes 4 servings at 1 cup each)
4 cups spinach leaves
1 red or yellow pear
½ cup jicama, cut into strips
½ cup dried cranberries
⅓ cup fat free or lowfat bottled vinaigrette dressing
1 teaspoon grated or minced ginger root

1. Toss together spinach, pear, jicama and cranberries.
2. Mix vinaigrette dressing and ginger.
3. Pour dressing over spinach and mix. Serve.

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

Let's Get Physical!

- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- When driving, park your car as far as possible and walk.

For more physical activity ideas, visit:

www.kidnetic.com

www.verbnow.com

Nutrition Facts

Serving Size 1 medium pear
(166g)

Amount per Serving

Calories 96 Calories from Fat 2

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **21%**

Sugars 16g

Protein 1g

Vitamin A 1% Calcium 1%

Vitamin C 12% Iron 2%

Source: www.nutritiondata.com

Produce Tips

- Choose pears that look colorful and fresh with no bruises or external damage.
- Test for ripeness by pressing gently near the stem. If it gives and feels soft, it's ready to eat.
- To ripen a pear, place on the counter-top, in a fruit bowl or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the coldest part of the refrigerator.
- To help sliced pears retain their color, dip them into a mixture of one tablespoon 100 percent apple juice and one cup water.

Helping Your Kids Eat Healthy

- Cut a pear in half and remove the core. Fill the center of each half with protein-filled peanut butter or calcium-rich lowfat yogurt. Then sprinkle granola and cinnamon on top for a yummy, healthy snack.
- Discuss with your child other fruits and vegetables that are harvested in the fall. Find a recipe and make it together.

For more ideas, visit:

www.harvestofthemoth.com

www.calpear.com