

Harvest of the Month

Growing Healthy Students



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 peaches at their peak — in-season produce costs less and tastes better.

For more information, visit:
www.harvestofthemonth.com
www.eatwellbewell.org

Health and Learning Success Go Hand-in-Hand

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 $\frac{3}{4}$ 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
 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 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 Arizona's nature, history and culture.

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

How Much Do I Need?

A serving of peaches or nectarines is on 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+
$2\frac{1}{2}$ - 5 cups per day	$3\frac{1}{2}$ - $6\frac{1}{2}$ cups per day	$3\frac{1}{2}$ - $6\frac{1}{2}$ cups per day

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