



# Harvest of the Month

## Health and Learning Success Go Hand-in-Hand

Studies show that children who eat breakfast do better in school. With spring testing just around the corner, it is important that your child eats healthy and gets regular activity. Explore, taste and learn about eating more fruits and vegetables and being active every day. The **Harvest of the Month** featured vegetable is

# spinach



### Produce Tips

- Fresh spinach is usually found loose or bagged. It is also canned or frozen.
- Select leaves that are green and crisp. Avoid leaves that are limp, damaged or spotted.
- Leaves should be cleaned well, patted dry and then stored loosely in an open bag in the refrigerator vegetable tray (about 40 F).
- If stored properly, fresh spinach should last three or four days in the refrigerator.

## SPINACH DIP

Ingredients:

(Makes 10 servings at ¼ cup each)

- 1 (10-ounce) package of frozen chopped spinach, thawed**
- ½ cup mild white onion, finely chopped**
- 2 cloves garlic, finely chopped**
- 1 cup raw red pepper, finely chopped**
- ½ cup lowfat sour cream**
- ½ cup lowfat mayonnaise**
- ½ teaspoon salt**
- 5 cups assorted, colorful raw vegetables for dipping**

1. Squeeze water out of spinach.
2. Place into a mixing bowl and add all remaining ingredients.
3. Let the dip sit at room temperature for a half-hour to let the flavors mix.
4. Stir again before serving. This dip will stay good for up to one week when covered and kept in the refrigerator.

Adapted from: [www.dole5aday.com](http://www.dole5aday.com)

### Let's Get Physical!

- Take your child to the park. Fly a kite, kick a soccer ball or play a game of tag.
- Encourage your child to walk the dog (or your neighbor's dog) each day after school. Make this a routine to do together.
- Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust or vacuum.

For more physical activity ideas, visit:

[www.kidnetic.com](http://www.kidnetic.com)

[www.verbnow.com](http://www.verbnow.com)

## Nutrition Facts

Serving Size 1 cup, raw leaves  
(30g)

Amount per Serving

**Calories 7** Calories from Fat 1

% Daily Value

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 24mg **1%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 1g **3%**

Sugars 0g

**Protein** 1g

Vitamin A 56% Calcium 3%

Vitamin C 14% Iron 5%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Healthy Help

- Breakfast is the most important meal of the day. It gives the body and mind much needed nutrition and energy.
- Start the day with a glass of 100 percent fruit or vegetable juice. Slice a potassium-rich banana over cereal or sprinkle raisins over fiber-filled oatmeal.

### Helping Your Kids Eat Healthy

- Use fresh spinach to make a tasty salad.
- Add chopped spinach to lasagna and soup.
- Stir-fry spinach. Add garlic, onion and chopped red bell peppers for a colorful dish.
- For raw spinach, a serving is one cup for children and two cups for adults.
- For cooked spinach, a serving is one-half cup for children and one cup for adults. (When cooked, spinach shrinks a lot.)

For more ideas, visit:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

[www.eatwellbewell.org](http://www.eatwellbewell.org)

This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

Arizona Nutrition Network

