



# Harvest of the Month

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

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!

- Find out what your child's favorite activity and/or sport is and then do it together.
- Make arrangements for you and your child to ride bikes to work and school.

## 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](http://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.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.

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