



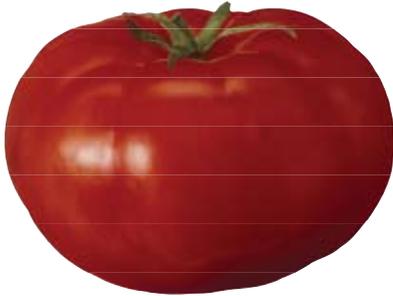
# Harvest of the Month

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

Studies show that students who eat lots of fruits and vegetables perform better in the classroom. Plan to include colorful fruits and vegetables every day in your child's meals and snacks. **Harvest of the Month** is a great way your family can explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month**

featured fruit is **tomatoes**



## Let's Get Physical!

- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Be a role model and make walking a regular part of your life. Walk up stairs, walk to the market, or take a family walk after dinner.

For more ideas, visit:

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

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

## ITALIAN PASTA SALAD

Ingredients:

(Makes 4 servings at 1 cup each)

- 1 16-ounce package frozen broccoli florets
- 4 cups pasta, cooked and drained
- 1½ cups diced fresh tomatoes (or 14½-ounce can low-sodium diced tomatoes)
- ½ teaspoon garlic powder (or 1 clove garlic, diced)
- ½ cup fat free Italian dressing

1. Bring large pot of water to a boil.
2. Add frozen broccoli and cook for 5 minutes.
3. Drain water and mix broccoli with tomatoes, garlic and dressing. Serve warm or chilled.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2002.

## Produce Tips

- Look for tomatoes that are firm and give slightly under pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag (at room temperature) until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.

For more tips, visit:

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

## Nutrition Facts

Serving Size: 1 cup, chopped, red tomato (180g)

### Amount per Serving

Calories 38      Calories from Fat 5  
% Daily Value

Total Fat 1g      1%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 16mg      1%

Total Carbohydrate 8g      3%

Dietary Fiber 2g      8%

Sugars 0g

Protein 2g

Vitamin A 22%      Calcium 1%

Vitamin C 78%      Iron 5%

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

## Helping Your Child Eat Healthy

- Sample a variety of tomatoes to find out your family's favorite. Some varieties include cherry, plum, beefsteak and roma.
- Use raw tomatoes to make salsas or as a base for soups and sauces.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients and prepare it.
- Toss sliced red, yellow and green tomatoes with your family's favorite lowfat dressing for a quick salad.
- Add tomato slices to sandwiches.
- Buy low-sodium canned tomatoes, tomato paste and tomato sauce when fresh tomatoes are unavailable.

## How Much Do I Need?

A serving of tomatoes is one cup chopped tomato. If this is too much for your child, try offering a smaller amount. It will help reach your child's 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](http://www.mypyramid.gov) to learn more.

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

