

Harvest of the Month



Network for a Healthy California

June

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

For more information, visit:
www.cachampionsforchange.net

Health and Learning Success Go Hand-in-Hand

Enjoy what California has to offer in the summer — a bounty of fresh fruits and vegetables and hundreds of parks.

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 1 cup each)

2 medium peaches, sliced (or 1 15-ounce can sliced peaches, drained*)

1 (15-ounce) can pear halves, drained and sliced*

¼ teaspoon almond extract

¾ cup lowfat granola

¼ teaspoon cinnamon

*Fruit packed in 100% fruit juice.

1. Combine peaches, pears and almond extract in large microwave-safe bowl.
2. Top fruit mixture with granola.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.

Adapted from: *Kids...Get Cookin'!*,
Network for a Healthy California, 2008.

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
(150g)

Amount per Serving

Calories 59 Calories from Fat 3

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 9%

Sugars 13g

Protein 1g

Vitamin A 10% Calcium 1%

Vitamin C 17% Iron 2%

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 one of California's almost 300 state parks. Or 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 California's nature, history and cultures.

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

To find a park near you, visit:
www.parks.ca.gov/parkindex/

How Much Do I Need?

A serving of peaches or nectarines is one 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+
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.myramid.gov to learn more.

