

Produce of the Month

Growing Healthy Students

Parent Newsletter - March

The Produce of the Month featured vegetable is

carrots



Produce Tips

- Carrots are in season all year long.
- Look for long, thick, deep-orange carrots. Make sure they have no bumps or cracks.
- Avoid carrots that are wrinkled or soft.
- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- If you buy carrots with the green tops still on, break off the tops and rinse the carrots.
- Do not store with fruits. Fruit gives off a natural gas that can make vegetables go bad.

Take the Challenge



The Kids Challenge is an online program that helps kids track their fruit and vegetable consumption as well as physical activity.

To sign your child up today, visit:
www.gethealthyclarkcounty.org

Health and Learning Success Go Hand-in-Hand

It's proven that students who eat healthy and get at least one hour of physical activity every day perform better in school and have more energy. With **Produce of the Month**, you can explore, taste and learn how to eat more fruits and vegetables and be physically active every day.

VEGETABLE QUESADILLAS

Ingredients:

(Makes 4 servings at 1 quesadilla each)

- 1 large carrot, grated
 - 1 zucchini, grated
 - 8 flour tortillas
 - $\frac{3}{4}$ cup shredded cheese
 - Bottled hot sauce, to taste
1. In a bowl, mix carrot and zucchini.
 2. Sprinkle $\frac{1}{2}$ cup mixture over four tortillas. Top each with 3 tablespoons cheese. Add hot sauce.
 3. Cover with a second tortilla.
 4. Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan and cook 1 minute.
 5. Turn over and cook 1 minute longer or until cheese melts.
 6. Cut each quesadilla and serve warm.

Adapted from: *Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign*, 2004.

Healthy Help

- Set a good example. Snack on fruits and vegetables instead of cookies and chips.
- At least once a week, let your child help you plan and make a healthy meal.
- Let your child be the teacher and tell you why eating fruits and vegetables is important.



Nutrition Facts

Serving Size 1 cup, chopped
(128g)

Amount per Serving

Calories 52 Calories from Fat 3
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 88mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Sugars 6g

Protein 1g

Vitamin A 430% Calcium 4%

Vitamin C 13% Iron 2%

Source: www.nutritiondata.com

Let's Get Physical!

- TV Turn-off Week is April 19 - 25. Encourage your child to turn off the TV and be active.
- Take your child to the park. To find local parks in your neighborhood visit the **Places to Play** page at www.gethealthyclarkcounty.org
- With longer daylight hours, go for family walks after dinner.

For more physical activity ideas, visit: www.kidnetic.com

Helping Your Kids Eat Healthy

- Buy baby carrots to take with you for an easy, on-the-go snack.
- Add raw carrot sticks as a crunchy side dish at lunch.
- Grate carrots into salads and over soups to add a crunchy, sweet flavor.
- Carrots are a great addition to any meal. They can be eaten whole, sliced into sticks, cut into rounds, chopped or shredded. Ask your child to help think of fun ways to include carrots in family meals.

For more ideas, visit:
www.gethealthyclarkcounty.org

