

Produce of the Month

Growing Healthy Students

Parent Newsletter - April

The Produce of the Month featured fruit is

grapes



Helping Your Kids Eat Healthy

- Keep grapes washed and ready in the refrigerator for a quick, after-school snack.
- Toss grapes into green salads.
- Add sliced grapes to pita sandwiches, chicken salads and pastas.
- Freeze grapes for a quick snack.
- Carry raisins with you for a ready, on-the-go snack.

For more ideas, visit:

www.freshcaliforniagrapes.com

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

April is a great time to try new fruits and vegetables and be active, outdoors. Studies show that proper nutrition and regular physical activity can improve a child's mood, memory and classroom behavior - even test performance. With **Produce of the Month**, your family can explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

CHICKEN-GRAPE PASTA POCKETS

Ingredients:

(Makes 4 servings at 4 pockets each)

- 1½ cups seedless grapes, halved**
- 1 cup diced, cooked chicken**
- ¼ cup lowfat yogurt, plain**
- ½ cup chopped celery**
- 1 tablespoon minced green onion**
- 1 teaspoon Dijon-style mustard**
- 16 jumbo shell macaroni, cooked and drained**

1. Combine grapes, chicken, yogurt, celery, green onion and mustard. Mix well.
2. Stuff mixture into shells (pockets) and serve.

Source: *Discover the Secret to Healthy Eating*, Public Health Institute, 2004.

Healthy Help

- Set a good example. Buy and serve fresh fruits and vegetables instead of foods high in fat, sugar and sodium.
- Drink 100 percent fruit and vegetable juices instead of high-calorie sodas.
- Frozen, canned and dried fruits and vegetables are just as nutritious as fresh. Keep a variety in your kitchen for more meal options.
- Encourage your child to try at least one new fruit or vegetable each week.

Nutrition Facts

Serving Size: 1 cup, seedless (151g)

Amount per Serving

Calories 104 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 27g 9%

Dietary Fiber 1g 5%

Sugars 23g

Protein 1g

Vitamin A 2% Calcium 2%

Vitamin C 27% Iron 3%

Source www.nutritiondata.com

Produce Tips

- Look for firm, plump, brightly colored clusters of grapes. Avoid grapes that are shriveled, sticky, have brown spots or dry, brittle stems.
- Fresh grapes stay good for two to three days in the refrigerator. Store grapes in a covered container or plastic bag.
- Just before use, wash grape clusters under a gentle spray of water, then drain and pat dry.
- Grapes are best when served slightly cold. This makes them more crisp and flavorful. For seeded grapes, remove seeds by cutting grapes into halves and carefully scooping out seeds.

Let's Get Physical!

- Participate in outdoor activities and take advantage of more hours of daylight.
- Parks provide dozens of recreational opportunities to explore nature, histories and cultures. To find a park near you, visit: www.gethealthyclarkcounty.org



This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.