

# Produce of the Month

Growing Healthy Students

## Parent Newsletter - May

The **Produce 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 choose 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.

### 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.

## Health and Learning Success Go Hand in Hand

Enjoy what summer has to offer - 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 **Produce of the Month** to help your family eat healthy and be active.

### BANANA BERRY PANCAKES

Ingredients:

(Makes 4 servings of 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 a 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.

### Recommended Daily Amounts of Fruits and Vegetables\*\*

Kids, Ages 5 - 12	Teens, Ages 13 - 18	Adults, Ages 19+
2.5 – 5 cups per day	3.5 – 6.5 cups per day	3.5 – 6.5 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

### 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 3%

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

### How Much Do I Need?

- A cup of strawberries is equal to 8 strawberries or one medium fruit.
- Eat a variety of colorful fruits and vegetables throughout the day to reach total daily needs.

### Let's Get Physical!

- May is National Physical Fitness and Sports Month. Find out what your child's favorite activity and/or sport is and then do it together.
- National Bike Month also takes place in May. Make arrangements for you and your child to ride bikes to work, to school, or for fun.

For more physical activity ideas, visit:  
[www.kidnetic.com](http://www.kidnetic.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.getthehealthyclarkcounty.org](http://www.getthehealthyclarkcounty.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.