



# Harvest of the Month

October

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

The benefits of healthy eating can also reflect in your child's education. Studies show that healthy immune systems, memory function and vision are linked to proper nutrition. Explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured fruit is

**pears**



## Healthy Help

- Studies show that children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- The second week in October is National School Lunch Week (NSLW). Get involved with your school's NSLW activities and encourage your child to eat the school breakfast and lunch. Call the school district's main office for more information.
- Set a good example for your child by including fruits and vegetables in snacks and daily meals.
- Instead of candy, hand out healthy and safe Halloween treats such as raisins or stickers.

## SPINACH PEAR SALAD

Ingredients:  
(Makes 4 servings at 1 cup each)  
**4 cups spinach leaves**  
**1 red or yellow pear**  
**½ cup jicama, cut into strips**  
**½ cup dried cranberries**  
**⅓ cup fat free or lowfat bottled vinaigrette dressing**  
**1 teaspoon grated or minced ginger root**

1. Toss together spinach, pear, jicama and cranberries.
2. Mix vinaigrette dressing and ginger.
3. Pour dressing over spinach and mix. Serve.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

## Let's Get Physical!

- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- When driving, park your car as far as possible and walk.

For more physical activity ideas, visit:

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

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

## Nutrition Facts

Serving Size 1 medium pear  
(166g)

### Amount per Serving

**Calories 96** Calories from Fat 2

% Daily Value

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 2mg **0%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 5g **21%**

Sugars 16g

**Protein** 1g

Vitamin A 1% Calcium 1%

Vitamin C 12% Iron 2%

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

## Produce Tips

- Choose pears that look colorful and fresh with no bruises or external damage.
- Test for ripeness by pressing gently near the stem. If it gives and feels soft, it's ready to eat.
- To ripen a pear, place on the counter-top, in a fruit bowl or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the coldest part of the refrigerator.
- To help sliced pears retain their color, dip them into a mixture of one tablespoon 100 percent apple juice and one cup water.

## Helping Your Kids Eat Healthy

- Cut a pear in half and remove the core. Fill the center of each half with protein-filled peanut butter or calcium-rich lowfat yogurt. Then sprinkle granola and cinnamon on top for a yummy, healthy snack.
- Discuss with your child other fruits and vegetables that are harvested in the fall. Find a recipe and make it together.

For more ideas, visit:

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

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





## Yuav Tsum Muaj Kev Noj Qab Nyob Zoo Mas Thiaj Kawm Tau Ntawv Zoo

Qhov tseem ceeb ntawm kev noj zaub mov zoo yog pab tus me nyuam kom kawm tau ntawv dua. Kev tshawb fawb nrhiav tau tias yuav kom tej roj ntsha hauv lub cev ua hauj lwm zoo, muaj lub cim xeeb zoo thiab qhov muag pom kev zoo mas yuav tsum yog noj tej khoom zoo pab rau lub cev. Raws ntsuam xyuas, saj thiab xyaum noj ntau yam txiv hmab txiv ntoo thiab ntau yam zaub nrog rau kev nquag siv yus lub cev ua hauj lwm txhua txhua hnuv thiaj li zoo rau lub cev. Kev **Sau Qoob ntawm Lub Hlis No** yog tham txog.

## (txiv zuaj)Pears

### Pab Lub Cev Kom Hauj Zas

- Kev kawm tshawb pom tias cov me nyuam uas noj cov zaub mov tom tsev kawm ntawv yeej noj txiv hmab txiv ntoo thiab zaub txaus nws lub cev txhua hnuv dua li tus uas tsis noj tsev kawm ntawv cov zaub mov.
- Lub lim piam thib ob ntawm lub Kaum Hli yog National School Lunch Week (NSLW). Cov niam txiv yuav tau mus koom tes nrog NSLW lawv npaj khoom noj thiab hais kom koj tus me nyuam noj tsev kawm ntawv puas tshais thiab puas su. Hu mus rau tsev kawm ntawv lub loo kam es nrog lawv tham thiaj paub ntxaws.
- Ua ib tug qauv zoo qhia rau koj tus me nyuam txog kev noj txiv hmab txiv ntoo txom ncauj thiab noj zaub txhua txhua puas.
- Thaum Halloween caij thov khob noom nej muab cov txiv qav qhuav (raisins), txiv ntoo qhuav rau me nyuam noj thiab tej cov stickers zoo zoo nkauj rau me nyuam kom lawv zoo siab tam rau cov khob noom qab qab zib (candy) xwb.

### Koom Taug Kev Ua Ke!

- Coj koj tus me nyuam taug kev mus tom khw muag khoom noj. Thaum yuav tau khoom rov los tsev, muab tej hlab khoom uas sib kha nqa ntawm tes.
- Yog ho caij tshab mus, nres tshab kom deb es mam taug ko taw mus.

Xav paub ntau txog tej tswv yim siv lub cev, mus saib hauv: [www.kidnetic.com](http://www.kidnetic.com)  
[www.verbnow.com](http://www.verbnow.com)

### Kev Xaiv Txiv

- Xaiv yuav lub txiv zuaj uas daim tawv du du thiab tshab tshab es tsis tau lwj los sis tsis tau to qhov twg li.
- Nias zaj ntawm lub qia thiaj paub tias puas tau siav. Yog hais tias muag nthas ces siav zoo noj lawm.
- Ua kom txiv zuaj siav, muab tso rau tej tsee, tej tais rau txiv los yog cov hlab ntawv rau khoom noj. Yog tso txiv zuaj xyaw txiv ev paum(apples)mas txiv zuaj haj yam siav sai.
- Muab cov txiv zuaj uas siav zoo noj lawm tso rau qhov chaw txias hauv tub yees.
- Muab ib khob dej tov nrog rau ib diav kua txiv ev paum 100% es muab cov txiv zuaj chais tau tsau rau thiaj tsis dub.

### Ua Pab Kom Me Nyuam Nyiam Noj

- Muab lub txiv zuaj phua ob sab thiab kaus tus hlwb tawm. Yuav kom qab heev, muab peanut butter los yog calcium-rich yogurt uas muaj roj tsawg tso rau tej sab, ces nphoo granola thiab cinnamon rau saum toj rau me nyuam noj txom ncauj.
- Nrog koj tus me nyuam tham txog lwm yam txiv hmab txiv ntoo thiab lwm yam zaub uas muaj rau lub caij nplooj ntoo zeeg no. Xaiv ib qho recipe es kom sawv daws los xyaum ua uake noj.

Xav tau tswv yim ntxiv, mus saib hauv:  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.calpear.com](http://www.calpear.com)

