



# Harvest of the Month

May

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

May is a great time in California 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 **Harvest of the Month**, your family can explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

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

# strawberry



## Produce Tips

### Fresh Strawberries: Selecting, Storing and Serving

- Strawberries are picked at their peak of freshness. They do not ripen after harvesting. So make sure to pick 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.

## Recipe

### BANANA BERRY PANCAKES

#### Ingredients:

(Makes 4 servings at 2 pancakes per serving)

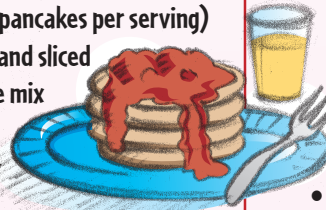
- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- 1/2 cup water
- Nonstick cooking spray

#### Topping:

- 1 1/2 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 1/4 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 small bowl. Microwave on high for 1 minute. Stir and then cook for 1 minute more.
5. Spoon topping over pancakes. Serve.

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



## 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.
- Ride Your Bike to Work Day also takes place in May. Make arrangements for you and your child to ride bikes to work and school.

For more information, visit:

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

## 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%

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 4%

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

## Healthy Help

- Keep fruits and vegetables visible and easily accessible. For example, keep produce on the counter or at your child's eye level in the refrigerator.
- Add fresh fruits and vegetables to foods your child already eats – berries to yogurt and cereals, vegetables to pasta and pizza and tomatoes to sandwiches.
- Instead of ice cream, keep bags of frozen fruit in the freezer for a refreshing snack.
- Help your child's school create a healthy environment. Send healthy snacks for class parties.

## 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.

For more ideas, visit:

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

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



EAT FRUITS & VEGETABLES AND BE ACTIVE