

Growing Healthy Students



Harvest of the Month

September

Health and Learning Success Go Hand-in-Hand

Healthy eating can help with your child's success in school. Studies show that fruit and vegetable consumption improves memory and classroom behavior. Explore, taste and learn about eating more fruits and vegetables and being active every day.

The Harvest of the Month featured fruit is

apple



Healthy Help

- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.
- Review the school menu with your child and circle the meals that have apples in them.

Produce Tips

Fresh Apple Tips: Selecting, Storing and Serving

- Apples are available year-round. Select apples that do not have bruises and are firm to the touch.
- Keep apples refrigerated to slow ripening and maintain flavor. When properly stored, apples can last over three months.
- To minimize browning, prepare fresh apple dishes just before serving, or pour 100% apple juice over fresh apple slices.

Nutrition Facts

Serving Size 1 medium apple (154g)

Amount per Serving

Calories 80 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 15%

Sugars 16g

Protein 0g

Vitamin A 2% Calcium 1%

Vitamin C 12% Iron 1%

Source: www.nutritiondata.com

Let's Get Physical!

- "Walk to School" Week takes place during the first week of October, so join in on your child's "Walk to School" Week activities. Visit www.cawalktoschool.com for more information.
- If walking to school is not possible, consider other safe places to walk—the library, park or around your neighborhood.
- Take a family walk after dinner.

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

Recipe

TUNA APPLE SALAD

Ingredients:

(Makes 4 servings at 1/2 pita per serving)

2 (6-ounce) cans water packed tuna, drained

2 tablespoons minced red onion

1 apple, cored and chopped

1/4 cup chopped celery

1/4 cup raisins

5 tablespoons fat free or lowfat Italian dressing

2 cups salad greens

2 pita breads, cut in half OR

4 slices of whole wheat bread

1. In a small bowl, stir tuna, onion, apple, celery, raisins and two tablespoons of dressing together.

2. In another bowl, toss salad greens with remaining dressing.

3. Carefully open pita breads and fill with equal amounts of tuna mixture and greens.

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

Helping Your Kids Eat Healthy

- Dip apple slices in calcium-rich lowfat yogurt or protein-filled peanut butter.
- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.
- Use applesauce to make reduced-fat baked goods. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.
- Ask your child to help pick out apples at the grocery store.
- Discuss with your child what your favorite fruits or vegetables are, why you like them and your favorite ways to eat them.

For more ideas, visit:

www.harvestofthemonth.com
www.calapples.org



EAT FRUITS & VEGETABLES AND BE ACTIVE