



Berries

The Harvest of the Month featured fruit is berries.

Health and Learning Success Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use Harvest of the Month tips and recipes to encourage trying new foods and to find new family favorites.

Produce Tips

- ♦ Choose fresh blueberries that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- ♦ Choose fresh raspberries that are bright and evenly colored. Refrigerate for up to three days.
- ♦ Select fresh blackberries that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- ♦ Wash berries just before serving.
- ♦ Shop for fresh berries in season to get the best value.

For more physical activity ideas, visit:

<https://www.saferoutespartnership.org>

Healthy Serving Ideas

- ♦ Add berries to your cereal for added fiber and flavor.
- ♦ Mash berries to make your own jam.
- ♦ Top pancakes with fresh blueberries or blackberries.
- ♦ Stir your favorite berries into lowfat yogurt for a tasty snack.
- ♦ Toss raspberries into a spinach salad.
- ♦ Keep a bag of mixed berries in the freezer for smoothies.

For more ideas, visit:

<https://cachampionsforchange.cdph.ca.gov/en/Pages/default.aspx>

Let's Get Physical!

Biking is a great way to be active and healthy. It also helps the environment by lowering air pollution and traffic.

- ♦ **At home:** Ride your bike for errands.
- ♦ **At work:** Invite coworkers to ride bikes during Bike-to-Work in May.

FAMILY NEWSLETTER

Nutrition Facts

Serving Size: 1/2 cup (72g)

Amount Per Serving

Calories **31**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.54mg	4%
Potassium 84mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

Harvest
of the
Month™



HONEY GINGERED FRUIT SALAD

Makes 6 servings. 1 cup per serving.

Prep time: 30 minutes

Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

Honey Ginger Sauce:

- $\frac{1}{3}$ cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey*
- $\frac{1}{8}$ teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon ground ginger

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

*Do not give honey to children under the age of one.

Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2009.

Recipe courtesy of BOND of Color.

- ♦ **With the family:** Ride to a park after dinner to play a game of tag.

For more ideas, visit: www.bikeleague.org

How Much Do I Need?

- ♦ A $\frac{1}{2}$ cup of berries is about one cupped handful.
- ♦ A $\frac{1}{2}$ cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
- ♦ Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. All forms of fruits and vegetables count toward your daily needs – fresh, frozen, canned, dried, and 100% juice! Look at the chart below to find out how much your family needs

How Much Do I Need?

In California, blackberries, blueberries, and raspberries are in peak season in late spring and summer. Frozen berries are available year round. Visit a local farmers' market to ask about the berry season in your area.

Try these other rich sources of phytochemicals: beets, cherries, plums, red or purple cabbage, red or purple grapes, and whole grains.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

* If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.



The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.