



# Harvest of the Week

Volume 1, Issue Grapes

## Health and Learning Success

Help your child eat nutritious foods, such as fruits and vegetables, and get at least 60 minutes of physical activity every day. This can help your child do better in school. **Harvest of the Week** can help your family learn how to eat a variety of colorful fruits and vegetables and be more active every day.

## Let's Get Physical!

Ask your child to help you wash the car or windows on a warm, sunny day.

Visit the local community center or park for some family fun!

## Fun Facts

Concord grapes are the only variety native to North America.

Unlike many fruits and vegetables today, grapes are harvested when they are ripe.

Americans eat eight pounds of grapes every year.

Each bunch has over 100 grapes on average.

# Grapes

## HELP YOUR CHILD EAT HEALTHY

- Add grape halves to pita sandwiches, peanut butter sandwiches, chicken salads, green salads, coleslaw, pasta, and hot cereals.
- Grapes taste great fresh, frozen in the freezer, dried as raisins, and as 100% juice!
- Make fruit kabobs with grapes and other bite-size fruits and fruit pieces.
- Put frozen grapes in some sparkling water for a cool, refreshing treat.
- Eat fresh grapes with cheese and whole wheat crackers for a great snack!



## PRODUCE TIPS

- Choose bunches of grapes firmly attached to a green stem that are bright, plump, and firm.
- Avoid grape bunches that are sticky, shriveled, have brown spots, and brittle stems.
- Remove soft and brown grapes before storing.
- Store grapes in the fridge up to 1 week.
- Wash grapes just before eating them.

# HealthWise

- ✓ Regular physical activity can improve sleeping habits.
- ✓ Children who sleep well can focus better at school.
- ✓ Ask your child what he/she learned about grapes at school.

## LOW-FAT WALDORF SALAD

Makes 4-6 servings

### Ingredients:

- 1 cup diced celery
- 1 cup diced apple
- 1/2 cup coarsely chopped walnut (optional)
- 1/2 cup seedless red grapes, halved
- 1/2 cup plain low-fat yogurt
- 1 TBS lemon juice



### Directions:

1. Mix the yogurt and lemon juice together.
2. Place the first four ingredients in a large bowl and toss with the dressing made in the first step.
3. Chill until ready to serve.

You can also add raisins and/or chicken to make a chicken salad!

Source: *Healthy Child Healthy World*

Grapes Nutrition Facts	
Serving Size	1/2 cup grapes
<b>Calories 60</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

