



Harvest of the Week

Volume 1, Issue Mango

Health and Learning Success

Healthy eating, physical activity and successful school performance go hand in hand. **Harvest of the Week** helps your family explore, taste and learn about eating more fruits and vegetables, as well being active everyday.

Let's Get Physical!

You are a role model. It is important that your child sees you stay active and healthy.

Go for a morning or evening jog and have your child ride on a bike next to you.

Teach your child one of your favorite childhood games.

Fun Facts

Mangoes were first grown in India over 5000 years ago.

Some consider mangoes a symbol of love. Giving a basket of mangoes is considered a gesture of friendship.

Mangoes are related to cashews and pistachios.

Mango trees can grow up to 100 feet tall.

Mango

HELP YOUR CHILD EAT HEALTHY

- Enjoy sliced mango all by itself or get creative with this exotic fruit.
- Make *mango icepops*! Puree fresh cut mango in a blender or food processor. Pour into ice cube trays, stick in a popsicle stick or toothpick and freeze.
- Sprinkle diced mango bits over waffles or pancakes—instant breakfast confetti.
- Drizzle mango puree over grilled chicken, pork or fish.



PRODUCE TIPS

- You can't judge a mango by its color—red does not mean ripe.
- Squeeze gently to judge ripeness. Mangoes are considered ready to eat when slightly soft to the touch and "give" to gentle pressure.
- Store mangoes at room temperature until ripened, then refrigerate.
- Whole mangoes should last about 5 days. Store cut mangoes in the refrigerator for about 3 days.

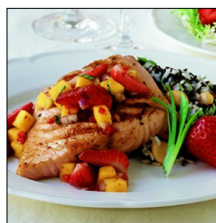
HealthWise

STRAWBERRY MANGO SALSA

Makes 6 servings (1/2 cup each)

Ingredients:

- 2 1/2 cups strawberries, sliced
- 1/4 cup green onions, chopped
- 1 mango, chopped
- 2 TBS fresh lime juice
- 1 tsp cilantro, fresh, finely chopped
- 1/2 tsp red pepper, crushed
- 1/4 tsp cumin, ground



Directions:

1. Wash and slice strawberries; wash and chop green onions. Place in bowl and set aside.
2. Cut peel away from mango along curvature of the fruit. Cut mango into slices along the pit and chop into bite-sized pieces; add mango to strawberries.
3. Squeeze lime juice over mixture.
4. Add spices to mixture and stir to blend. Serve immediately or chill until ready to serve.

Great served over chicken or fish.

- ✓ Fruits are a healthy snack that can really satisfy a child's sweet tooth.
- ✓ Place a bowl of fresh fruit on the counter or front and center in the refrigerator to make fruits more accessible.
- ✓ Ask your child what he/she learned about mangoes at school.

Mango Nutrition Facts	
Serving Size	1/2 mango
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 0g	
Vitamin A 40%	Vitamin C 15%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	