



Harvest of the Week

Volume 1, Issue Strawberries

Health and Learning Success

Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school and do better in school. **Harvest of the Week** can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active everyday.

Let's Get Physical!

Add bicycling to your family's routine. Bike to school, work and church.

Take a longer bike ride or hike through a local or state park on the weekend.

Fun Facts

On average, there are 200 tiny seeds on every strawberry.

The seeds of the strawberry are really the fruit while the red fleshy part holds the parts of the flower together.

Strawberry Hill neighborhood is located in Kansas City, Kansas.

Strawberries

HELP YOUR CHILD EAT HEALTHY

- Strawberries taste great just the way they are. Just wash them, remove the stem and pop them in your mouth for a tasty treat!
- Slice strawberries into cereals and low-fat yogurt.
- Blend frozen strawberries with orange juice (and/or low-fat yogurt) and ice to make a quick and delicious smoothie.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.



PRODUCE TIPS

- Choose plump shiny strawberries with rich red color, bright green caps and a sweet smell.
- Avoid shriveled, mushy or leaky berries.
- Do not wash strawberries until ready to eat. Store in refrigerator 1-3 days.
- Look for no-sugar-added frozen strawberries during the off peak season.

HealthWise

- ✓ Strawberries are an excellent source of Vitamin C.
- ✓ Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- ✓ Ask your child what he/she learned at school about strawberries.

BERRY BANANA SPLIT

Makes 1 serving

Ingredients:

- 1 small banana
- 1/2 cup lowfat vanilla yogurt
- 1 TBS lowfat granola
- 1/2 cup sliced strawberries (fresh or frozen without sugar)
- Additional types of berries, *optional*



Directions:

1. Cut banana in half lengthwise.
2. Spoon yogurt into small bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and sliced strawberries.
5. OPTIONAL: Top with additional berries, as desired. These taste great with strawberries and yogurt, too.

Source: Kids.... Get Cookin! Cookbook, Network for a Healthy California, 2009

Strawberry Nutrition Facts	
Serving Size	8 medium berries
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 160%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	