

Tray Harvest of the Week

Health and Learning Success

Children do better in school and are more alert when they eat breakfast. Make fruits and vegetables part of your child's meals and snacks every day. Harvest of the Week is a great way for your family to explore, taste, and learn about eating more fruits and vegetables and being active every day.

Let's Get Physical!

Be an awesome role model for your family by walking more! Walk up the stairs, to the market, and

For more tips of being active, visit: www.letsmove.gov

Tomatoes are grown in state except Alaska.

- Fun Pacts

Yellow and tomatoes are usually sweeter than red and green ones.

Americans eat over 22 pounds of tomatoes every year with over half being in the form of ketchup tomato sauce.

Teardrop Tomatoes

HELP YOUR CHILD EAT HEALTHY

- Eat a simple snack of teardrop tomatoes with low-fat vegetable dip, low-fat ranch dressing, or peanut butter. Seriously, peanut butter!
- Slice a variety of tomatoes and mix with your favorite low-fat dressing for a quick and easy
- If fresh tomatoes are not available, use lowsodium canned tomatomato paste, and tomato sauce.

ROASTED TOMATOES

Makes 4-6 servings

Use raw tomatoes when making salsas, soups and sauces.

PRODUCE TIPS

- Choose tomatoes that are bright, shiny, firm, and slightly give to gentle pressure.
- Store tomatoes at room temperature and away from direct sunlight for up to one week. Tomatoes may be refrigerated if they will not be eaten before spoiling.
- Ripen tomatoes by placing them in a brown paper bag.
- Tomatoes get heavier as they ripen.
- Wash tomatoes in cold water and remove stems and leaves before serving.

		Children, Ages 5-13	Teens and Adults
	Fruits	1-1 1/2 cups	1 1/2-2 cups
	Veggies	1 1/2-2 1/2 cups	2 1/2-3 cups

Ask your child what he/she learned about teardrop tomatoes at school.

Directions:

Ingredients:

3 TBS olive oil

2 lbs teardrop tomatoes

Heat the oven to 400°F.

Kosher salt and ground black pepper

- Place tomatoes on a sheet pan and drizzle with olive oil and season with salt and pepper.
- Roast until the tomatoes collapse, about 10 minutes.

Enjoy by themselves or with pasta, chicken, sandwiches, soups, salads, and more! You can also add more flavor in this recipe with ingredients such as garlic, balsamic vinegar, basil, and cheese.

Source: Food Network.com

Teardrop Tomatoes Nutrition Facts		
	1 cup teardrop	
Serving Size	tomatoes	
Calories 27	Calories from Fat 2	
	% Daily Value*	
Total Fat Og	0%	
Saturated Fat Og	0%	
Trans Fat Og		
Cholesterol Og	0%	
Sodium 7mg	0%	
Total Carbohydrate 6mg	2%	
Dietary Fiber 2g	7%	
Sugars 4g		
Protein 1g		
Vitamin A 25%	Vitamin C 32%	
Calcium 1%	Iron 2%	
*Percent Daily Values are based on	a 2,000 calorie diet.	



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