

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

December is National Pear Month

Office of Child Nutrition

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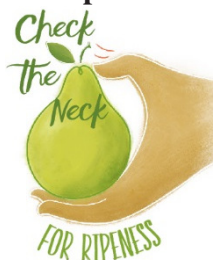
Pears are one of the highest fiber foods and packed with Vitamin C. Vitamin C helps heal wounds and repair and maintain healthy cartilage, bones, teeth and skin.

Fun Fact: Did you know... there are over 3,000 types of pears across the world. They vary by size, shape, sweetness, and crispness.



When are pears ready to eat? "Check the Neck" for Ripeness

Press at the top of the pear near the stem. If it yields to gentle pressure, it's ripe and ready to eat!



"Types of Pears" Word Find

T E R T J T R L L P Z
 T C R G N K B X T L L
 E N H S U L B D E R S
 L E A D C N J R M M Y
 T R P R N O A K A Z X
 R E A M E M M I Z D V
 A F C Y Y N L I S B N
 B N K T R L O B C A R
 D O H B I B O M M E B
 E C A W T S B P I Y K
 R V M P E W T X J L D

Packham	Bose	Red Blush
Red Bartlett	Asian	Limonera
Comice	Williams	Conference

December 3rd-9th is National Hand Washing Awareness Week

"Sink those germs" and keep your family safe and healthy this winter by washing your hands.



Make it a habit to wash your hands...

- Before, during and after preparing foods
- Before eating food
- Before and after caring for someone who is sick
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling money
- After touching garbage



National Cocoa Day

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