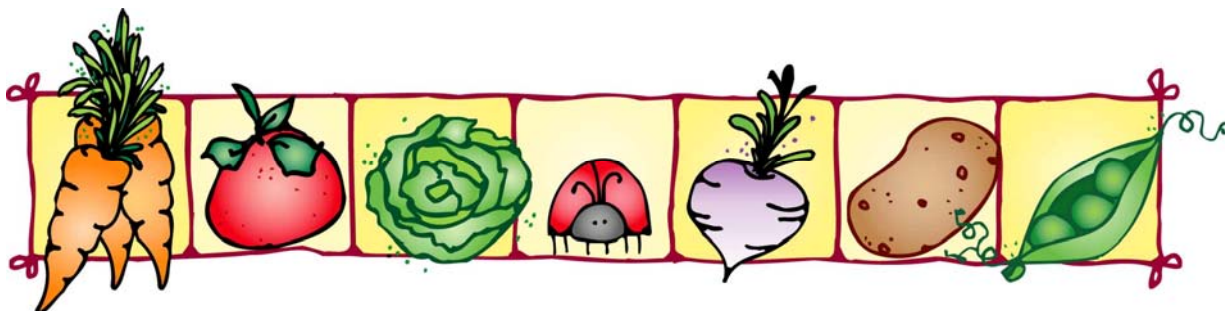


Child Nutrition Etiwanda School District



Additional information from Harvest of the Month® . . .

May

FRUIT – Melons

Nutritional Facts:		Recipe: Icy Fruit Pops	
Serving Size: ½ cup cantaloupe cubed (80 g) Calories 27		Ingredients: (Makes 4 pops) 2 cups melon, cubed 1 cup 100% orange juice 4 (8-oz.) paper cups 4 plastic spoons (or craft sticks)	
Total Fat 0 g Saturated Fat 0 g Trans Fat 0 g Cholesterol 0 mg Sodium 13 mg Total Carbohydrate 7g Dietary Fiber 1g Sugars 6 g Protein 1g		<ol style="list-style-type: none"> 1. Combine melons and orange juice in blender. Blend until smooth. 2. Pour into paper cups. 3. Freeze until thick and slushy (about one hour). Insert spoon, handle up, into cup. 4. Freeze until solid (at least two hours). 5. To eat, remove from freezer and let sit 10 minutes. Peel paper cup off and enjoy. 	
Vitamin A 54% Calcium 1%		Vitamin C 49% Iron 1%	
www.nutritiondata.com		<i>Adapted from: Kids . . . Get Cookin'!, Network for a Healthy California, 2008.</i>	

VEGETABLE – Salad Greens

Nutritional Facts:		Recipe: Cactus Salad	
Serving Size: 2 cups, green leaf (72 g) Calories: 10		Ingredients: (Makes 4 servings at 1 ½ cups each) 1 cup cleaned and finely chopped cactus leaf or 1 (14-ounce) jar cactus, drained and rinsed 1 small white onion, sliced 1 serrano chile, finely chopped 3 tablespoons cider vinegar 1 head romaine lettuce, shredded 1 tomato, finely chopped 2 radishes, thinly sliced 2 tablespoons chopped fresh cilantro Mozzarella cheese, shredded (optional)	
Total Fat 0 g Saturated Fat 0 g Trans Fat 0 g Cholesterol 0 mg Sodium 20 mg Total Carbohydrate 2 g Dietary Fiber 1 g Sugars 0 g Protein 1 g		<ol style="list-style-type: none"> 1. In a medium bowl, mix cactus, onion, chile and vinegar. Let stand 15 to 30 minutes. 2. Place lettuce on a platter or large bowl. 3. Top with marinated cactus mixture, tomato, radishes, cilantro and cheese topping. Serve immediately. 	
Vitamin A 106% Calcium 2%		Vitamin C 22% Iron 4%	
www.NutritionData.com		<i>Adapted from: Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004</i>	

FUN FACTS:

MELONS	SALAD GREENS
<ul style="list-style-type: none"> ▪ Christopher Columbus brought over the first melon seeds to North America on his second expedition, while watermelons arrived with African slaves. ▪ In 1683, the melon was introduced to California by Spanish missionaries. 	<ul style="list-style-type: none"> ▪ California is the number one producer of leaf lettuce in the country. ▪ Americans eat about 30 pounds of lettuce every year. That's about five times more than what we ate in the early 1900s. ▪ In the United States, lettuce is the second most popular fresh vegetable.

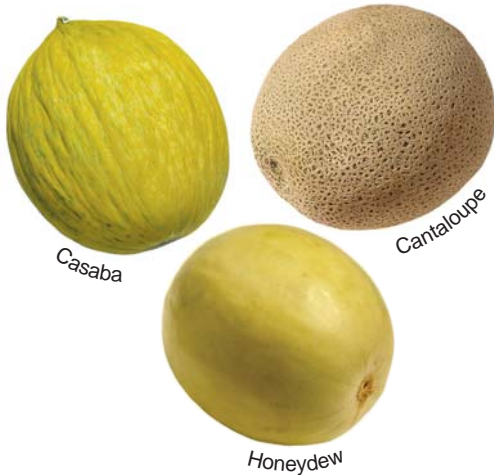
Look for more great information at www.harvestofthemonth.com

Harvest of the Month



Network for a Healthy California
July

The Harvest of the Month featured fruit is **melons**



Helping Your Child Eat Healthy

- Slice and eat melons as a refreshing snack or side dish at meals.
- Serve sliced or chopped melons with lowfat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Add a colorful variety of melons to meals to help maintain good vision and strengthen the immune system.
- Melons are in the red (e.g., watermelon), yellow/orange (e.g., cantaloupe, casaba), and green (e.g., honeydew, Crenshaw) color groups.

Health and Learning Success Go Hand-in-Hand

California farmers' markets are at their peak during summer. These local markets provide a bounty of fresh fruits and vegetables at low prices. Eating a variety of colorful fruits and vegetables each day can provide your family with the nutrients they need to grow and develop healthy bodies and minds.

Harvest of the Month can help you learn how to eat healthy and be physically active every day.

ICY FRUIT POPS

Ingredients: (Makes 4 pops)

- 2 cups melon, cubed**
- 1 cup 100% orange juice**
- 4 (8-ounce) paper cups**
- 4 plastic spoons (or craft sticks)**

1. Combine melons and orange juice in blender. Blend until smooth.
2. Pour into paper cups.
3. Freeze until thick and slushy (about one hour). Insert spoon, handle up, into cup.
4. Freeze until solid (at least two hours).
5. To eat, remove from freezer and let sit 10 minutes. Peel paper cup off and enjoy.

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2008.

For more ideas, visit: www.cachampionsforchange.net

Let's Get Physical!

- Watch the sun rise or set by taking a family walk.
- Walk, skate or ride bikes to local farmers' markets. Bring your own bags to carry your groceries.
- Take a dip — visit a local community pool, park or lake and go for a swim.
- Be sun-safe. Wear sunscreen and a hat when outdoors.
- Stay hydrated on warm days by drinking lots of water.

Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)

Amount per Serving

Calories 27 Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 3%

Sugars 6g

Protein 1g

Vitamin A 54% Calcium 1%

Vitamin C 49% Iron 1%

Source: www.nutritiondata.com

Produce Tips

- Select cantaloupes with a sweet, fragrant smell and soft dent on stem.
- Select honeydew, casabas and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured or cracked rinds.
- Store whole melons on counter and eat within two days.
- Wash melons before cutting. Remove pulp from rind and discard seeds.*
- Refrigerate cut melons in sealed container. Use within three days.

*Does not apply to watermelons.

How Much Do I Need?

A serving of melons is one-half cup cubed melon. This is about one cupped handful. Remember to eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.





Harvest of the Month[®]

June

Health and Learning Success Go Hand-in-Hand

It's proven that students who eat healthy and get at least one hour of activity every day perform better in school and have more energy. Enjoy California's summer bounty with **Harvest of the Month** and explore, taste and learn about how to eat more fruits and vegetables and be physically active every day.

The **Harvest of the Month** featured vegetable is

salad greens



Produce Tips

- Look for dark green leaves. Choose lettuce heads that are compact and firm.
- To store greens, wrap them in slightly damp paper towels. Place in the refrigerator in a plastic bag with holes for air. If stored properly, most greens (butterhead and leaf lettuce) will keep for one week. Romaine lettuce can last for about 10 days.
- Rinse lettuce with cold water or soak loose leaves in cool water and stir with your hand to remove dirt. Lay lettuce leaves on a paper towel and gently pat dry.

CACTUS SALAD

Ingredients:

(Makes 4 servings at 1½ cups each)

- 1 cup cleaned and finely chopped cactus leaf or 1 (14-ounce) jar cactus, drained and rinsed**
- 1 small white onion, sliced**
- 1 serrano chile, finely chopped**
- 3 tablespoons cider vinegar**
- 1 head romaine lettuce, shredded**
- 1 tomato, finely chopped**
- 2 radishes, thinly sliced**
- 2 tablespoons chopped fresh cilantro**
- Mozzarella cheese, shredded (optional)**

1. In a medium bowl, mix cactus, onion, chile and vinegar. Let stand 15 to 30 minutes.
2. Place lettuce on a platter or large bowl.
3. Top with marinated cactus mixture, tomato, radishes, cilantro and cheese topping. Serve immediately.

Adapted from: Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.

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. Have your child ride next to you on a bike.
- Teach your child one of your favorite childhood games.

For more physical activity ideas, visit: www.kidnetic.com

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Amount per Serving

Calories 10 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 106% Calcium 2%

Vitamin C 22% Iron 4%

Source: www.nutritiondata.com

Healthy Help

- Encourage your child to eat school meals or participate in the Summer Food Service Program. These meals are planned to give students plenty of fruits and vegetables every day. Ask your child's teacher or call the district's main office for more information.
- Bring color to your salads by adding carrot strips, shredded purple cabbage, or even fruit (e.g., oranges, apples, raisins).
- Use 100 percent fruit juice, flavored vinegars and herbs to make lowfat salad dressings. Ask the produce manager at your local store for recipe tips.

Helping Your Kids Eat Healthy

- Dark lettuce leaves have more nutrients.
- Serve side salads for lunch and dinner.
- Add lettuce to sandwiches.
- Try different types of salad greens to find out which kinds of lettuce your child likes most.
- Ask your child to "invent" their own salad. Let them pick out the vegetables and other toppings they want to use.

For more ideas, visit:

www.cachampionsforchange.net

www.leafy-greens.org

