



# Harvest of the Month

October

## Health and Learning Success Go Hand-in-Hand

The benefits of healthy eating can also reflect in your child's education. Studies show that healthy immune systems, memory function and vision are linked to proper nutrition. Explore, taste and learn about eating more fruits and vegetables and being active every day.

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

**pears**



## Healthy Help

- Studies show that children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- The second week in October is National School Lunch Week (NSLW). Get involved with your school's NSLW activities and encourage your child to eat the school breakfast and lunch. Call the school district's main office for more information.
- Set a good example for your child by including fruits and vegetables in snacks and daily meals.
- Instead of candy, hand out healthy and safe Halloween treats such as raisins or stickers.

## SPINACH PEAR SALAD

Ingredients:  
(Makes 4 servings at 1 cup each)  
**4 cups spinach leaves**  
**1 red or yellow pear**  
**½ cup jicama, cut into strips**  
**½ cup dried cranberries**  
**⅓ cup fat free or lowfat bottled vinaigrette dressing**  
**1 teaspoon grated or minced ginger root**

1. Toss together spinach, pear, jicama and cranberries.
2. Mix vinaigrette dressing and ginger.
3. Pour dressing over spinach and mix. Serve.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

## Let's Get Physical!

- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- When driving, park your car as far as possible and walk.

For more physical activity ideas, visit:

[www.kidnetic.com](http://www.kidnetic.com)

[www.verbnow.com](http://www.verbnow.com)

## Nutrition Facts

Serving Size 1 medium pear  
(166g)

### Amount per Serving

**Calories 96** Calories from Fat 2

% Daily Value

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 2mg **0%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 5g **21%**

Sugars 16g

**Protein** 1g

Vitamin A 1% Calcium 1%

Vitamin C 12% Iron 2%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Produce Tips

- Choose pears that look colorful and fresh with no bruises or external damage.
- Test for ripeness by pressing gently near the stem. If it gives and feels soft, it's ready to eat.
- To ripen a pear, place on the counter-top, in a fruit bowl or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the coldest part of the refrigerator.
- To help sliced pears retain their color, dip them into a mixture of one tablespoon 100 percent apple juice and one cup water.

## Helping Your Kids Eat Healthy

- Cut a pear in half and remove the core. Fill the center of each half with protein-filled peanut butter or calcium-rich lowfat yogurt. Then sprinkle granola and cinnamon on top for a yummy, healthy snack.
- Discuss with your child other fruits and vegetables that are harvested in the fall. Find a recipe and make it together.

For more ideas, visit:

[www.harvestofthemoth.com](http://www.harvestofthemoth.com)

[www.calpear.com](http://www.calpear.com)



# Lub Hlis Sau Qoob

Lub Kaum Hli

## Yuav Kawm Tau Txuj Ci Los Yuav Yog Muaj Kev Noj Qab Haus Huv Pab Sib Nrawg Nroos

Qhov tseem ceeb ntawm kev noj zaub mov zoo yog pab rau me nyuam yaus txoj kev kawm. Kev tshawb xyuas qhia tau tias yuav kom lub cev tej roj ntshav zoo, muaj cim xeeb zoo thiab qhov muag pom kev zoo yuav tsum tau noj tej zaub mov muaj txiaj ntsim pab lub cev. Raws ntsuam xyuas, noj tej txiv hmab txiv ntoo thiab zaub nplooj ntsuab kom ntau ntxiv thiab nquag dhia taug kev txhua hnuv yuav pab tau li hais los .

### Sau qoob ntawm lub Hlis no yog

*TXIV ZUBAJ (pears)*



### *Pab Kom Lub Cev Nyob Hauj Zas*

- Kev tshawb xyuas qhia tau tias cov me nyuam yaus uas noj cov zaub mov tom tsev kawm ntawv yeej nyiam noj tej txiv ntoo thiab zaub uas hais no txhua hnuv dua cov tsis tau noj.
- Lub lim piam ( lub plua zus) ob ntawm lub kaum hli yog tag nrho cov tsev kawm ntawv muab ib hnuv hu ua (National School Lunch Week [NSLW]) rau cov ua niam ua txiv mus koom nrog nej cov me nyuam tom tsev kawm ntawv thiab cov xib fwb coj cov me nyuam dhia ua si thiab pab txhob cov me nyuam kom noj puas tshais thiab puas su tom tsev kawm ntawv. Hu mus rau tom tsev kawm ntawv chav saib xyuas es nug lawv seb puas muaj tej yam twg koj yuav pab tau lawv ntxiv.
- Xyaum muab tej txiv hmab txiv ntoo thiab zaub nyoos rau cov me nyuam noj txom ncauj txhua txhua hnuv thiab tom qab txhua puas mov.

- Txog cajj Halloween uas yog thaum hnuv thov khob noom qab zib ntawd, nej xyaum muab cov txiv qav qhua (raisins) rau me nyuam yaus noj txom ncauj pauv khob noom qab zib thiab yuav stickers los lo rau me nyuam ua si kom lawv zoo siab xwb.

### Siv Lub Cev Ua Hauj Lwm Thiab Zoo !

- Taug kev mus tom khw muag khoom noj nrog koj tus me nyuam.
- Yog cajj tsheb mus, nres tsheb kom deb es taug kev.

Yog xav paub ntau ntxiv txog tej tswv yim uas siv lub cev ua hauj lwm, mus saib tau ntawm:

[www.kidnetic.com](http://www.kidnetic.com) thiab [www.verbnow.com](http://www.verbnow.com)

## Qhia Xaiv Txiv Thiab Tu Txiv Cia

- Xaiv lub txiv zuaj ( Pear) uas daim tawv du du thiab tseem tshiab uas tsis tau ntsoog los sis txheej nraud tsis tau dub li.
- Maj mam nias zaj ncig ntawm lub qia seb lub txiv puas tau siav. Yog hais tias nws siav thiab zooj lawm, ces cia li noj lawm xwb.
- Ua kom txiv zuaj siav, muab tso rau sau rooj, tso rau tej tais rau txiv ntoo los sis ntim rau tej hnab ntawv. Yog tias muab tso ze txiv apples, txiv zuaj yuav siav sai heev.
- Muab cov txiv zuaj siav lawm tso rau theem txee txias uas txias kom txaus (refrigerator).
- Yuav kom cov txiv zuaj uas chais tau lawm txhob dub, muab l dia noj mov kua txiv apple 100% ncuva xyaw ib kob dej sib tov es muab cov txiv zuaj chais tau ntawd raus rau hauv.

## Qhia Koj Cov Me Nyuam Kom Noj Tej Yam Muaj Txiaj Ntsim Rau Lub Cev

- Muab lub txiv zuaj phua ob sab thiab hlais txheej hlwb tawm. Muab cov txiv laum huab xeeb zom mos mos (peanut butter) los sis cov lowfat yogurt tso rau ntawm tej sab txiv zuaj uas chais qhov hlwb tawm lawm. Ces ywg cov granola thiab cinnamon rau saum toj kom qab ua khoom noj txom ncauj.
- Tham nrog koj tus me nyuam txog lwm yam txiv ntoo thiab zaub uas muaj rau lub cajj nplooj ntoos zeeg no. Nrhiav daim ntawv qhia ua noj thiab xyaum ua noj nrog ua ke. Xav tau lub tswv yim no ntxiv, mus saib: [www.harvestofthemonth.com](http://www.harvestofthemonth.com) [www.calpear.com](http://www.calpear.com)