



Harvest of the Month

September 08

Health and Learning Success Go Hand-in-Hand

Studies show that students who eat lots of fruits and vegetables perform better in the classroom. Plan to include colorful fruits and vegetables every day in your child's meals and snacks. **Harvest of the Month** is a great way your family can explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month**

featured fruit is **tomatoes**



Let's Get Physical!

- "Walk to School" Week takes place the first week of October. Find out what activities are planned at your child's school. Or organize your own activities with other families.
- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Be a role model and make walking a regular part of your life. Walk up stairs, walk to the market, or take a family walk after dinner.

For more ideas, visit:

www.cawalktoschool.com
www.kidnetic.com

ITALIAN PASTA SALAD

Ingredients:

(Makes 4 servings at 1 cup each)

- 1 16-ounce package frozen broccoli florets**
- 4 cups pasta, cooked and drained**
- 1½ cups diced fresh tomatoes (or 1½-ounce can low-sodium diced tomatoes)**
- ½ teaspoon garlic powder (or 1 clove garlic, diced)**
- ½ cup fat free Italian dressing**

1. Bring large pot of water to a boil.
2. Add frozen broccoli and cook for 5 minutes.
3. Drain water and mix broccoli with tomatoes, garlic and dressing. Serve warm or chilled.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2002.

Produce Tips

- California tomatoes are available from May through December.
- Look for tomatoes that are firm and give slightly under pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag (at room temperature) until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.

Nutrition Facts

Serving Size: 1 cup, chopped, red tomato (180g)

Amount per Serving

Calories 32 Calories from Fat 3

% Daily Value

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 9mg **0%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **9%**

Sugars 5g

Protein 2g

Vitamin A 30% Calcium 2%

Vitamin C 38% Iron 3%

Source: www.nutritiondata.com

Helping Your Child Eat Healthy

- Sample a variety of tomatoes to find out your family's favorite. Some varieties include cherry, plum, beefsteak and roma.
- Use raw tomatoes to make salsas or as a base for soups and sauces.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients and prepare it.
- Toss sliced red, yellow and green tomatoes with your family's favorite lowfat dressing for a quick salad.
- Add tomato slices to sandwiches.
- Buy low-sodium canned tomatoes, tomato paste and tomato sauce when fresh tomatoes are unavailable.

For more ideas, visit:

www.fruitsandveggiesmatter.gov

How Much Do I Need?

A serving of tomatoes is one cup chopped tomato. If this is too much for your child, try offering a smaller amount. It will help reach your child's 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.

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Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog Muaj Kev Noj Qab Nyob Zoo Thiab

Raws kev soj ntsuam los nws qhia tau tias cov tub kawm ntawv tus uas nyiam noj txiv hmab txiv ntoo thiab zaub yeej kawm tau ntawv zoo dua. Npaj kom muaj ntau yam txiv hmab txiv ntoo thiab zaub rau koj cov me nyuam noj txom ncauj txhua txhua hnuv thiab noj tom qab thaum noj mov tas. **Daim Ntawv QhiaTxog Lub Hlis Sau Qoob** yog ib daim uas qhia txog kev noj haus zoo heev rau koj tsev neeg kom tau tswv yim ntau txog kev ua noj. Qhia xyaum saj tej yam tsis tau noj dua los thiab kom xyaum noj txiv hmab txiv ntoo kom ntau ntxiv thiab siv lub cev ua hauj lwm kom tawm fws txhua hnuv thiaj zoo.

Lub Hlis Sau Qoob no yog qhia txog Txiv Lws Suav Koom Taug Kev ncig !

- “Taug Kev Mus Ko Taw RauTom Tsev Kawm Ntawv” yog thawj thawj lub lim piam nyob rau lub Kaum Hli. Xyuas seb tom tsev kawm ntawv npaj muaj dab tsi rau me nyuam hom khaj ua si nrog koj lawm. Yog tsis tau muaj koj yuav tau npaj thiab yaum tej phooj ywg nyob ze mus dhia ua si nrog koj tus me nyuam.
- Xyaum taug kev txhua hnuv mus tom tsev kawm ntawv zoo dua. Yaum lwm cov niam txiv coj cov me nyuam taug kev mus kawm ntawv los yog sib hloov saib xyuas yog thaum ib tug twg mus tsis tau lawm. Yog tias tsev kawm ntawv ho nyob deb hww lawm los muab tsheb thauj lawv mus es nres tsheb kom deb li ob peb puas kev es mam cia lawv taug kev mus kom txog.
- Nquag taug kev txhua hnuv los ua ib tug qauv rau me nyuam. Nce them ntaiv, taug kev mus tom khw, los sis coj tsev neeg taug kev ua si tom qab noj hmo tag.

Xav tau tswv yim ntxiv, mus saib:
www.cawalktoschool.com
www.kidnetic.com

Qhia Xaiv thiab Tu Txiv Lws Suav Cia

- Nyob rau xeev california no pib muaj txiv lws suav los noj yog thaum lub Tsib Hlis Ntuj mus txog rau lub Kaum Ob Hlis Ntuj.
- Xaiv yuav tej lub txiv lws suav uas khov kho thiab nruj nreem xwb.
- Khaws cov txiv lws suav uas siav lawd cia rau tej chaw zoo, txhob raug duab tshav ntuj . Ob peb hnuv los tseem zoo noj.
- Muab cov txiv lws suav uas tsis tau liab (siav) ntim rau cov hnab ntawv ntim khoom cia (tso rau tej qhov chaw zoo) kom txog thaum uas siav (liab) kiag.
- Ua ntej noj, muab dej txias ntxuav kom huv thiab txhem tej qia los sis tej nplooj pov tseg.

Xav paub ntau ntxiv, mus saib:
www.eatcatomatoes.org

Pab Me Nyuam Kom Xyaum Noj

- Muaj ntau yam txiv lws suav nyob ntawm koj tsev neeg nyiam noj yam twg. Xws li cov txiv lws suav me tej lub pob pob taub (cherry), cov txiv lws suav me tej lub ntev ncuw (plum), cov txiv lws suav pob taub loj muaj ntsis ua nreej (beefsteak), thiab cov txiv lws suav loj ntev ncuw (roma).
- Muab cov txiv lws suav coj los ci tuav xyaw kuav txob, kib xyaw nqaj thiab hau ua kua xyaw lwm yam noj.
- Xyaum muab txiv lws suav txhoov ua tej daim loj nteev xyaw ntsev, fwj txob, roj pob kws thiab kua qaub noj. Nug seb me nyuam nyiam muab ua li cas noj ntxiv.
- Muab cov txiv lws suav liab, daj thiab ntsuab nyob ntawm koj tsev neeg nyiam noj, txhoov ua tej daim do xyaw zaub ua salad noj.
- Muab txiv lws suav suam ua tej daim nyias nyias noj nrog sandwiches.
- Yuav cov poom kua txiv lws suav uas tsis xyaw ntsev (low sodium), thiab cov poom txiv lws suav nyoj los ua noj rau lub caij tsis muaj.

Yuav Noj Ntau Npaum Li Cas Thiaj Txaus Lub Cev?

lb zaug twg yuav tsum noj cov txiv lws suav uas muab txhoov lawd ntau li ib khob. Yog tias tib zaug noj li no es ho ntau dhau rau koj tus me nyuam lawm no ces maj mam noj ib zaug me ntsis. Noj li no yuav pab tau rau koj tus me nyuam lub cev hlob zoo.