



# Harvest of the Month

September

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

Healthy eating can help with your child's success in school. Studies show that fruit and vegetable consumption improves memory and classroom behavior. Explore, taste and learn about eating more fruits and vegetables and being active every day. The **Harvest of the Month** featured fruit is

# apples



## Helping Your Kids Eat Healthy

- Dip apple slices in calcium-rich lowfat yogurt or protein-filled peanut butter.
- Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.
- Use applesauce to make reduced-fat baked goods. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.
- Ask your child to help pick out apples at the grocery store.
- Discuss with your child what your favorite fruits or vegetables are, why you like them and your favorite ways to eat them.

For more ideas, visit:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.calapples.org](http://www.calapples.org)

## Nutrition Facts

Serving Size 1 medium apple (154g)

Amount per Serving

Calories 80 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 21g 7%

Dietary Fiber 4g 15%

Sugars 16g

Protein 0g

Vitamin A 2% Calcium 1%

Vitamin C 12% Iron 1%

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

## Let's Get Physical!

• "Walk to School" Week takes place the first week of October, so join in on your child's "Walk to School" Week activities. Visit [www.cawalktoschool.com](http://www.cawalktoschool.com) for more information.

• If walking to school is not possible, consider other safe places to walk — the library, park or around your neighborhood.

• Take a family walk after dinner.

For more physical activity ideas, visit:

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

## TUNA APPLE SALAD

Ingredients:

(Makes 4 servings at ½ pita each)

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons minced red onion
- 1 apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 pita breads, cut in half OR 4 slices whole wheat bread

1. In a small bowl, stir tuna, onion, apple, celery, raisins and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of tuna mixture and greens.

Adapted from: *Everyday Healthy Meals*, Public Health Institute, 2007.

## Healthy Help

- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.
- Review the school menu with your child and circle the meals that have apples in them.

## Produce Tips

- Select apples that do not have bruises and are firm to the touch.
- Keep apples refrigerated to slow ripening and maintain flavor. When properly stored, apples can last over three months.
- To minimize browning, prepare fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.

