

Harvest of the Month



Network for a Healthy California

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



Health and Learning Success Go Hand-in-Hand

Eating a balanced diet rich in fruits, vegetables, and whole grains supports a healthy body and mind. With *Harvest of the Month*, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

Produce Tips

- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.

Healthy Serving Ideas

- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or lowfat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about other fruits and vegetables that are in season. Find a recipe and make it together.

For more ideas, visit:
www.calpear.com

FRUIT CRUNCH COBBLER

Makes 4 servings. 1 cup per serving.
Cook time: 10 minutes

Ingredients:

- 1 (15-ounce) can sliced peaches, drained*
- 1 (15-ounce) can pear halves, drained*
- ¼ teaspoon almond or vanilla extract
- ¼ teaspoon ground cinnamon
- ¾ cup lowfat granola with raisins

*Choose canned fruit packed in 100% juice.

1. Combine peaches, pears, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Be careful removing bowl from microwave because it may be hot. Let cool slightly before serving.

Nutrition information per serving:

Calories 171, Carbohydrate 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California—Children's Power Play! Campaign, 2009.

Let's Get Physical!

- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- If you have to drive, park the car farther away than normal and walk the rest of the way.

For more physical activity ideas, visit:
www.healthierus.gov/exercise.html

Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)	
Calories 41	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 1%

How Much Do I Need?

- A ½ cup of sliced pears is about half of one pear. This is about the size of one cupped handful.
- A ½ cup of sliced pears has fiber and vitamin C.
- Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full. It may help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs to eat. All forms count toward the daily amount – fresh, frozen, canned, and dried. Make a family plan to eat the recommended amount each day.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

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