Health and Learning Success Go Hand-in-Hand
Eating fruits and vegetables can help your child grow, be healthy, and do well in school. Make a commitment to your child’s health. Add a variety of colorful fruits and vegetables to meals and snacks. Encourage your child to get at least 60 minutes of physical activity every day. Harvest of the Month can give you ideas to help your family be healthy and active.

Produce Tips
• Dried fruit is available year round.
• Look for dried fruit sold in bulk quantity.
• Buy dried fruit without added sugar. They are already sweet.
• Store dried fruit in airtight containers to maintain freshness. Keep in a cool, dry location like a cupboard or refrigerator.
• Freeze dried fruit before chopping. They will be less sticky and easier to chop.

Healthy Serving Ideas
• Let your child try a variety of dried fruit like dates, figs, plums, and apples to find their favorites.
• Top lowfat yogurt with dried fruit for breakfast, snacks, or dessert.
• Keep small boxes or bags of dried fruit with you for quick, on-the-go snacks.
• Add chopped dates and figs to salads.
• Serve dried fruit for dessert.

TROPICAL FRUIT AND NUT SNACK MIX
Makes 5 servings. ¼ cup per serving. Total time: 25 minutes
Ingredients:
1 tablespoon butter
¼ cup honey* 
1 teaspoon almond or coconut extract
1 teaspoon ground cinnamon
2 cups old fashioned oats
Nonstick cooking spray
½ cup sliced almonds
¼ cup diced tropical fruit bits
½ cup banana chips
¼ cup raisins
1. Preheat oven to 350 F.
3. Transfer to a baking sheet coated with nonstick cooking spray. Spread mixture into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and add in dried fruit. Let cool completely and serve.

*Do not give honey to children under the age of one.

Nutrition information per serving:
Calories 384, Carbohydrate 62 g, Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg
Adapted from: Network for a Healthy California, 2007.

How Much Do I Need?
• A ¼ cup of dried plums, chapped dates, or dried figs is a good source of fiber.
• A ¼ cup of most dried fruit is a source of potassium.
• Potassium is a mineral that helps your brain tell your muscles when to move.
• Potassium also helps keep a healthy blood pressure.
• Other excellent and good sources* of potassium are avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash.

The amount of fruits and vegetables that is right for each person in your family depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Make a list of ways you can add more fruits and vegetables to your family’s meals and snacks to help them reach their goals.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let’s Get Physical!
• Ask your child to help with chores that get the body moving.
• Make a calendar and plan at least one activity for your family to do each day.

For more ideas, visit: www.cachampionsforchange.net