



Harvest of the Month[®]

July

Health and Learning Success Go Hand-in-Hand

With summer barbecues, family reunions and Fourth of July celebrations, help your child eat a variety of colorful fruits and vegetables and get regular activity. **Harvest of the Month** lets your family explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

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

grapes



Helping Your Kids Eat Healthy

- Keep grapes washed and ready in the refrigerator for a quick, after-school snack.
- Toss grapes into green salads.
- Add sliced grapes to pita sandwiches, chicken salads and pasta.
- Freeze grapes for a quick snack.
- Carry raisins with you for a ready, on-the-go snack.

For more ideas, visit:

www.harvestofthemonth.com

www.freshcaliforniagrapes.com

CHICKEN-GRAPE PASTA POCKETS

Ingredients:

(Makes 4 servings at 4 pockets each)

- 1½ cups seedless grapes, halved**
- 1 cup diced, cooked chicken**
- ¼ cup lowfat yogurt, plain**
- ½ cup chopped celery**
- 1 tablespoon minced green onion**
- 1 teaspoon Dijon-style mustard**
- 16 jumbo shell macaroni, cooked and drained**

1. Combine grapes, chicken, yogurt, celery, green onion and mustard. Mix well.
2. Stuff mixture into shells (pockets) and serve.

Source: *Discover the Secret to Healthy Eating*, Public Health Institute, 2002.

Healthy Help

- Set a good example. Buy and serve fresh fruits and vegetables instead of foods high in fat, sugar and sodium.
- Drink 100 percent fruit and vegetable juices instead of high-calorie sodas.
- Frozen, canned and dried fruits and vegetables are just as nutritious as fresh. Keep a variety in your kitchen for more meal options.
- Encourage your child to try at least one new fruit or vegetable each week.

Nutrition Facts

Serving Size: 1 cup, seedless
(160g)

Amount per Serving

Calories 110 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 29g 10%

Dietary Fiber 1g 6%

Sugars 25g

Protein 1g

Vitamin A 2% Calcium 2%

Vitamin C 29% Iron 3%

Source: www.nutritiondata.com

Produce Tips

- Look for firm, plump, brightly colored clusters of grapes. Avoid grapes that are shriveled, sticky, have brown spots or dry, brittle stems.
- Fresh grapes stay good for two to three days in the refrigerator. Store grapes in a covered container or plastic bag.
- Just before use, wash grape clusters under a gentle spray of water. Then drain and pat dry.
- Grapes are best when served slightly cold. This makes them more crisp and flavorful. For seeded grapes, remove seeds by cutting grapes into halves and carefully scooping out seeds.

Let's Get Physical!

- Take a family trip to a local community center or pool.
- Explore nature at a local park or hiking trail.
- Ask your child to help you wash the car or windows. Getting wet can be a fun and refreshing activity in the summer heat. For more physical activity ideas, visit: www.kidnetic.com ♦ www.verbnow.com



**EAT FRUITS & VEGETABLES
AND BE ACTIVE**