



# Harvest of the Month

October

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

The benefits of healthy eating can also reflect in your child's education. Studies show that healthy immune systems, memory function and vision are linked to proper nutrition. Explore, taste and learn about eating more fruits and vegetables and being active every day.

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

# pears



## Healthy Help

- Studies show that children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- The second week in October is National School Lunch Week (NSLW). Get involved with your school's NSLW activities and encourage your child to eat the school breakfast and lunch. Call the school district's main office for more information.
- Set a good example for your child by including fruits and vegetables in snacks and daily meals.
- Instead of candy, hand out healthy and safe Halloween treats such as raisins or stickers.

## SPINACH PEAR SALAD

Ingredients:  
(Makes 4 servings at 1 cup each)  
**4 cups spinach leaves**  
**1 red or yellow pear**  
**½ cup jicama, cut into strips**  
**½ cup dried cranberries**  
**⅓ cup fat free or lowfat bottled vinaigrette dressing**  
**1 teaspoon grated or minced ginger root**

1. Toss together spinach, pear, jicama and cranberries.
2. Mix vinaigrette dressing and ginger.
3. Pour dressing over spinach and mix. Serve.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

## Let's Get Physical!

- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- When driving, park your car as far as possible and walk.

For more physical activity ideas, visit:

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

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

## Nutrition Facts

Serving Size 1 medium pear  
(166g)

### Amount per Serving

**Calories 96** 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** 26g **9%**

Dietary Fiber 5g **21%**

Sugars 16g

**Protein** 1g

Vitamin A 1% Calcium 1%

Vitamin C 12% Iron 2%

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

## Produce Tips

- Choose pears that look colorful and fresh with no bruises or external damage.
- Test for ripeness by pressing gently near the stem. If it gives and feels soft, it's ready to eat.
- To ripen a pear, place on the counter-top, in a fruit bowl or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the coldest part of the refrigerator.
- To help sliced pears retain their color, dip them into a mixture of one tablespoon 100 percent apple juice and one cup water.

## Helping Your Kids Eat Healthy

- Cut a pear in half and remove the core. Fill the center of each half with protein-filled peanut butter or calcium-rich lowfat yogurt. Then sprinkle granola and cinnamon on top for a yummy, healthy snack.
- Discuss with your child other fruits and vegetables that are harvested in the fall. Find a recipe and make it together.

For more ideas, visit:

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

[www.calpear.com](http://www.calpear.com)



**EAT FRUITS & VEGETABLES  
AND BE ACTIVE**