



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
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

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 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
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.





Kev Nyob Hauj Zas Thiab Kev Kawm Tau Txuj Yuav Tsum Muaj Sib Nrawg Nroos

Xyaum noj hom zaub mov zoo yeej pab tau me nyuam kawm ntawv tau dua. Kev kawm tshawb tau tias cov me nyuam yaus twg uas noj zaub thiab txiv hmab txiv ntoo txaus lawv yeej muaj cim xeeb zoo thiab mloog tus sib fwb qhia. Sim noj tej txiv hmab txiv ntoo thiab zaub li hais kom ntau thiab tawm rooj mus hom khaj (exercise) txhua hnuv. **Daim Ntawv Sau Qoob Lub Hli No** yog qhia txog

Txiv Av Paum

Xyaum Me Nyuam Kom Paub Noj Tej Zaub Mov Zoo

- Txoov tej plai txiv av paum ntsw cov yogurt tsis muaj roj los sis txiv laum huab xeeb uas zom mo mo noj .
- Muab kua txiv av paum ntim rau lub tais ua tej kem los sis lub khob me me es tso tus pa rau, muab tso saum freezer kom khov mam noj txom ncauj.
- Siv cov av paum zom mo mo (applesauce) do xyaw hmoov nplej ci ua khob noom noj. Yog siv li no tim xyaw yam khob noom ci ma yuav pab txo tau cov roj uas lawv qhia kom muab tov ua khob noom ci uas muaj nyob hauv daim ntawv qhia ua noj lawm ntau.
- Cia koj tus me nyuam xaiv yuav yam txiv av paum uas nws nyiam nyob rau tom khw.
- Tham qhia koj tus me nyuam txog cov txiv ntoo thiab zaub uas koj nyiam ua noj, qhia seb vim li cas koj thiaj nyiam noj thiab muab ua li cas noj thiaj qab.

Xav paub ntau ntiv xyuas hauv:
www.harvestofthemonth.com
www.calapples.org

Sib Koom Hom Khaj Thiaj Lom Zem!

- “Taug ke nrog koj tus me nyuam mus tom tsev kawm ntawv” Pib lub kaum hli ntuj no ces yog lub hli uas cov niam txiv taug ko taw xa me nyuam mus kawm ntawv.
- Mus saib hauv www.cawalktoschool.com
- Yog tsis muaj caij los sis tsev kawm ntawv nyob deb heev lawm es taug ko taw mus tsis tau, nrhiav lwm lub caij thiab xaiv tej chaw tso siab uas nyob ze mam coj lawv mus taug ko taw ncig.
- Thaum noj hmo tas coj koj tsev neeg nrog koj mus taug kev ua si.

Xav paub txog kev pab lub cev ntau ntiv xyuas:
www.kidnetic.com
www.verbnow.com

Pab Tau Noj Qab Nyob Zoo Yog

- Cov me nyuam noj zaub mov tom tsev kawm ntawv yog cov tau noj txua yam txiv hmab txiv ntoo thiab zaub dua cov tsis tau.
- Yuam koj tus me nyuam kom noj plus tshais thiab plus suv tom tsev kawm ntawv. Nug nws tus xib fwb los sis hu xov tooj mus nug tom loov kam kom paub tseeb txog yam zaub mov me nyuam noj tod.
- Nrog koj tus me nyuam xyuas daim ntawv qhia noj haus es pab nws xaiv kom muaj txiv av paum rau nws noj.

Qhia Xaiv Txiv Av Paum

- Xaiv yuav cov txiv av paum uas txhob doog thiab tuav mas khov kho xwb.
- Khaws cov txiv av paum cia rau hauv tub yees thiaj tsis zooj sai thiab yuav qab li qub. Yog khaws av paum cia rau chaw txias haum nws yuav kav nte tshaj 3 lub hlis.
- Yuav kom av paum txhob dub, thaum yuav noj mam chais los sis yog chais tau lawm no ces muab cov kua txiv av paum 100% tsauv rau.