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.

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

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 0 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.

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**

<table>
<thead>
<tr>
<th></th>
<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.

For more ideas, visit: www.calpear.com

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 0%
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 11g 4%
Dietary Fiber 2g 9%
Sugars 7g 7%
Protein 0g 0%

Vitamin A 1%  Calcium 1%
Vitamin C 5%  Iron 1%