Healthy Serving Ideas
• Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
• Toss sliced Fuyu persimmons into salads or add to stir-fries.
• Add Hachiya persimmons to recipes like muffins, pies, and puddings.
• Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

PERSIMMON & SPINACH SALAD
Makes 6 servings. ½ cup per serving. Prep time: 30 minutes

Ingredients:
1½ tablespoons olive oil
3 tablespoons 100% orange juice
2 tablespoons rice vinegar
½ teaspoon salt
3 cups spinach, washed
3 medium Fuyu persimmons, sliced
¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

Nutrition information per serving:
Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: www.lapublichealth.org/nutrition

How Much Do I Need?
• Half of a medium persimmon is about a ½ cup of fruit.
• A ½ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
• Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

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>
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<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!
• In the morning: Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
• After school: Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
• In the evening: Unwind by doing stretches with your child.
• On the weekend: Walk around at a farmers’ market and see how many different produce items you and your child can find.

For more ideas, visit: www.cachampionsforchange.net

Produce Tips
• Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
• Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
• Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
• To ripen firm Hachiyas, place in paper bag with an apple or banana.

Helpful Hint: Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit: www.fruitsandveggiesmatter.gov/month/persimmons.html