Health and Learning Success
Go Hand-in-Hand
Studies show that children who eat breakfast do better in school and are more alert. It is important your child eats healthy and gets at least 60 minutes of physical activity every day. Use Harvest of the Month to explore, taste, and learn about eating more fruits and vegetables and being active.

Produce Tips
• Fresh spinach can be found loose or bagged.
• Choose fresh spinach leaves that are green and crisp. Avoid leaves that are limp, damaged, or spotted.
• Store fresh spinach in an open plastic bag in the refrigerator for up to four days.
• Rinse spinach leaves in cool water and pat dry just before using.
• Spinach can also be found canned or frozen. They are nutritious too. Choose low-sodium varieties.

Let’s Get Physical!
• Take your child to the park. Fly a kite, kick a soccer ball, or play a game of tag.
• Encourage your child to walk the dog (or your neighbor’s dog) after school. Make this a routine to do together.
• Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust, or vacuum.

For more ideas, visit: www.bam.gov

Nutrition Facts
Serving Size: 1 cup fresh spinach (30g)
Calories 6 Calories from Fat 0
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 24mg 1%
Total Carbohydrate 1g 0%
Dietary Fiber 1g 2%
Sugars 0g
Protein 1g
Vitamin A 56% Calcium 3%
Vitamin C 14% Iron 4%

How Much Do I Need?
• One cup of fresh spinach is about two cupped handfuls. This is also about the same as ½ cup of cooked spinach. (Spinach shrinks a lot when cooked!)
• One cup of fresh spinach is an excellent source of vitamin A and vitamin K.
• A ½ cup of cooked spinach is an excellent source of vitamin A, vitamin K, and folate. It is also a good source of calcium, iron, potassium, vitamin C, and vitamin B_6 – all important vitamins and minerals to keep your body healthy.
• Vitamin K helps stop cuts and scrapes from bleeding too much and helps the healing process. Vitamin K works with calcium to help build strong bones. The amount of fruits and vegetables each person needs depends on age, gender, and physical activity level. Be a champion for your family’s health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every 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><strong>Males</strong></td>
<td></td>
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<tr>
<td>2½ - 5 cups per day</td>
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<td>4½ - 6½ cups per day</td>
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<tr>
<td><strong>Females</strong></td>
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<td></td>
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<tr>
<td>2½ - 5 cups per day</td>
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<td>3½ - 5 cups per day</td>
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</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

For more ideas, visit: www.cachampionsforchange.net