The Harvest of the Month featured fruit is strawberries.

**Healthy Serving Ideas**
Make a tasty topping for your pancakes. Just heat sliced strawberries with a small amount of orange juice or unsweetened applesauce in the microwave.

Blend strawberries, orange juice, and lowfat yogurt for a refreshing smoothie.

Mix strawberry halves with sliced melon, pineapple, and mango chunks. Sprinkle with lime juice and chili powder for a Mexican fruit salad.

**Shopper’s Tips**
- Look for plump strawberries with a natural shine, rich red color, and sweet smell. The caps should be attached and look fresh.
- Keep strawberries in the refrigerator for up to three days.
- Wash strawberries just before eating.

**Let’s Get Physical!**
Add walking and bicycling to your day! Walk or ride to the grocery store, bike to work, or go for a long walk with your family on the weekends.

**How Much Do I Need?**
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:
- Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net

Photography courtesy of the California Strawberry Commission.

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