Healthy Serving Ideas
Mix peach or nectarine slices with granola and sliced almonds.†

Blender
Blend a chopped peach or nectarine and lowfat milk with a few ice cubes. Enjoy a creamy smoothie.†

Add sliced peaches or nectarines and nuts to a green salad for a healthy lunch or dinner.†

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Shopper’s Tips
• Look for peaches and nectarines that have a sweet smell and feel slightly firm.
• Keep ripe peaches and nectarines in the refrigerator for up to one week.
• Put firm peaches and nectarines in a paper bag at room temperature until ripe.

Let’s Get Physical!
Parks are places with lots of ways to be active—from water sports, hiking, and biking to exploring California’s nature, history, and cultures. Visit a park with your family today!

To find a park near you, visit www.parks.ca.gov/parkindex

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 Tree Fruit Agreement.