

# Calendar Appendix: Approved Content Messages



## Harvest of the Month

**The *Harvest of the Month* Calendars** can be shared with groups and people of all ages, including students, families, retail programs, or even employees. These *Network*-branded templates allow you to personalize your own calendar, providing helpful and healthy information along with dates of interest to your specific audience.

The following messages have been aggregated to make the customization process as easy as possible for you. We have turned to a variety of *Network* resources for this information, including resources from *Harvest of the Month*, *Retail and Worksite Programs*, and the *Rethink Your Drink Campaign*. These messages are already *Network*-approved, and should not be altered in any way. You can pick-and-pull messages from any of the categories to use in the template of your choice.

**\*Calendar Imagery Reminder:** *Network*-funded projects are encouraged to select photography from the [Network's Communications Resource Library](#) for calendar imagery (unless otherwise noted). The Library includes the *Harvest Heroes*.

If you have questions about any of the messages in this Appendix, or if you would like to develop your own messages to use in the Calendars, please contact your Program Manager.

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# Recipes

Use one or both recipes from the following 36 featured produce items to insert in the text box to the right of the calendar in Template 1.

## APPLES

### Tuna Apple Salad

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 15 minutes

**Ingredients:**

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

### Instructions

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

*Nutrition information per serving:*

Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

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### Apple Oatmeal

**Makes 36 tastes** at ¼ cup each

**Ingredients:**

- 3 large apples, cored
- 3 cups quick cooking oats
- ½ tablespoon ground cinnamon
- ⅜ teaspoon salt
- 5¼ cups 100% apple juice  
Small cups and spoons

### Instructions

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

*Nutrition information per serving:*

Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from:

*Kids...Get Cookin'!, Network for a Healthy California—Children's Power Play! Campaign, 2009.*

# ASPARAGUS

## Asparagus Appetizer

**Makes 36 servings** at 2 tablespoons each

### Ingredients:

- 1 pound fresh baby asparagus, washed, trimmed at ends
- 1 (15-ounce) can black beans, drained and rinsed
- 6 tablespoons balsamic vinaigrette

Adapted from: *Tasting Trio Team, Network for a Healthy California*, 2010.

### Instructions

1. Cut asparagus into one-inch pieces and place in large bowl.
2. Add black beans to the bowl.
3. Toss asparagus and beans with the vinaigrette until coated.
4. Place 2 tablespoons on paper tray. Serve immediately.

*Nutrition information per serving:*

Calories 20, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 64 mg

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## Roasted Vegetable Medley

**Makes 4 servings.** 1 cup per serving.

**Cook time:** 50 minutes

### Ingredients:

- Nonstick cooking spray
- 1 cup chopped baby carrots
- 1 cup chopped eggplant
- 1 cup chopped asparagus
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 4 teaspoons dried basil
- 1 cup chopped mushrooms
- 1 small zucchini, chopped

### Instructions

1. Preheat oven to 450 F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
4. While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
5. Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
6. Add roasted vegetables to the pan and sauté 5 minutes more.

*Nutrition information per serving:*

Calories 20, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 64 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2008.

## AVOCADOS

### California Stacker

**Makes 32 servings** at 1 cracker each

**Ingredients:**

- 3 ripe avocados
- 1 (16-ounce) basket of small tomatoes (e.g., pear, cherry)
- Whole wheat reduced fat crackers
- Small plates or napkins

Adapted from: *Tasting Trio Team, Network for a Healthy California, 2010.*

**Instructions**

1. Cut avocados in half. Remove the peel and pit and place in a bowl.
2. Dice avocados with a knife and mash, leaving some chunks.
3. Stack 1 tablespoon of avocados on 1 cracker. Stack one tomato on top.
4. Serve immediately on plates or napkins.

*Nutrition information per serving:*

Calories 54, Carbohydrate 7 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 3 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 50 m

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### Avocado Tortilla Soup

**Makes 8 servings.** 1 cup per serving.

**Total time:** 30 minutes

**Ingredients:**

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10¾-ounce) cans low-sodium Condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe avocado, peeled, pitted, and chopped
- 8 corn tortilla chips, crumbled

**Instructions**

1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic, and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, then purée small batches in a blender.
3. Return to pot and add avocado. Heat thoroughly.
4. Serve warm or chilled. Sprinkle with crumbled tortilla chips.

*Nutrition information per serving:*

Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

## BEETS

### Mandarin Beet Salad

**Makes 32 servings** at ¼ cup each

**Ingredients:**

- 4 cups canned beets, drained
- 2 cups canned mandarin oranges in 100% juice, drained (reserve ¼ cup juice)
- 2 cups of currants or raisins
- Paper plates and forks

**Instructions**

1. Combine beets, mandarins, currants, and ¼ cup of reserved juice in a bowl. Mix well.
2. Place ¼ cup scoops on paper plates. Serve immediately or chilled.

Source: *Hawthorne School District, Network for a Healthy California, 2009.*

## Mandarin Beet Salad

**Makes 4 servings.** 1 cup each.

**Prep Time:** 10 minutes

**Ingredients:**

- 2 cups canned beets, drained
- 1 cup canned mandarin oranges (packed in 100% juice)
- 1 cup currants or raisins

**Instructions**

1. Drain mandarin oranges and keep ¼ cup of the juice.
2. In a bowl, combine beets, mandarins, currants, and ¼ cup of reserved juice. Mix well.
3. Serve immediately or chilled.

*Nutrition information per serving:*

Calories 92, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg

Adapted from: Hawthorne School District, Network for a Healthy California, 2009.

## BERRIES

### Banana Berry Smoothie

**Makes 20 servings** at ¼ cup each

**Ingredients:**

- 1 large banana, peeled
- 1 cup 1% lowfat or nonfat milk
- 1 cup 100% orange juice
- 2 cups unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- 20 small cups

**Instructions**

1. Place first three ingredients in a blender container. Put lid on tightly and blend until smooth.
2. Add frozen berries and blend again.
3. Pour immediately into cups and serve.

Adapted from: Kids...Get Cookin', Network for a Healthy California—Children's Power Play! Campaign, 2009.

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### Honey Gingered Fruit Salad

**Makes 6 servings.** 1 cup per serving.

**Prep time:** 30 minutes

**Ingredients:**

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

**Honey Ginger Sauce:**

- ⅓ cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey\*
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger

**Instructions**

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

\*Do not give honey to children under the age of one.

*Nutrition information per serving:*

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, cholesterol 0 mg, Sodium 4 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.

# BROCCOLI

## Fresh Broccoli and Dip

**Makes 32 servings** at  $\frac{1}{4}$  cup broccoli and 2 tablespoons dip

### Ingredients:

- 2 cups fat free sour cream
- 1 $\frac{1}{3}$  cups salsa
- $\frac{3}{4}$  cup chopped green onions
- 2 teaspoons garlic salt
- 8 cups broccoli, cut into small pieces
- Small plates and napkins

### Instructions

1. Combine sour cream, salsa, green onions, and garlic salt in a bowl. Stir well.
2. Place  $\frac{1}{4}$  cup broccoli on each plate. Serve with 2 tablespoons dip.

### Nutrition information per serving:

Calories 26, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0g, Cholesterol 1 mg, Sodium 165 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

## Zesty Asian Chicken Salad

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 20 minutes

### Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1 $\frac{1}{2}$  cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- $\frac{1}{2}$  cup fat free Asian or sesame seed salad dressing
- $\frac{1}{4}$  cup 100% orange juice
- $\frac{1}{4}$  cup chopped fresh cilantro

### Instructions

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.

### Nutrition information per serving:

Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

# CABBAGE

## Cabbage Confetti

**Makes 36 tastes** at  $\frac{1}{4}$  cup each

**Prep time:** 5 minutes

**Chill time:** 30 minutes

### Ingredients:

- 1 (10-ounce) package shredded raw green cabbage
- 1 (10-ounce) package shredded raw red cabbage
- 1 (20-ounce) can crushed pineapple 100% juice, drained (reserve  $\frac{1}{4}$  cup juice)
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon black pepper
- Small plates and forks

### Instructions

1. In large bowl, mix green and red cabbage with pineapple and juice.
2. Add salt and pepper and gently toss until well coated. Refrigerate for at least 30 minutes.
3. Place  $\frac{1}{4}$  cup of salad on small plates and serve.

### Nutrition information per serving:

Calories 15, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Tasting Trio Team*, Network for a Healthy California, 2010.

## Rainbow Coleslaw

**Makes 12 servings.**

*½ cup per serving.*

**Prep time:** 15 minutes

### Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- ½ cup chopped yellow or red bell pepper
- ½ cup shredded carrots
- ½ cup chopped red onion
- ½ cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- ¼ teaspoon celery seed (optional)
- ½ cup lowfat Cheddar cheese, cubed

### Instructions

1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

*Nutrition information per serving:*

Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2008.

## CARROTS

### Vegetable Medley with Salsa Dip

**Makes 32 tastes** at *¼ cup vegetables* and *2 tablespoons dip each*

### Ingredients:

- 4 carrots, cut into 3-inch sticks
- 4 celery stalks, cut into 3-inch sticks
- 1 jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed
- 12 green onions, trimmed
- 1 (16-ounce) container fat free sour cream
- 2 cups pico de gallo (salsa)
- Small paper plates and napkins

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2008.

### Instructions

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

*Nutrition information per serving:*

Calories 25, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 77 mg

### Supreme Mashed Potatoes

**Makes 10 servings.** *¾ cup per serving.*

**Total time:** 55 minutes

### Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- ½ cup low-sodium chicken broth
- 1 tablespoon butter

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2008.

### Instructions

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

*Nutrition information per serving:*

Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

## COOKED GREENS

### Simmered Greens

**Makes 32 servings** at ½ cup each

**Ingredients:**

- ½ cup olive oil
- 4 cloves garlic, minced
- 4 onions, chopped
- 2 cups chopped green onion
- 4 cups low-sodium vegetable broth
- 4 cups tomato juice
- 4 pounds greens (mixture of kale, mustard, collard, and turnip greens)
- Salt and pepper
- Small paper cups and forks

**Instructions**

1. In large pot, sauté garlic and onions in oil.
2. Add broth and juice. Bring to a boil.
3. Add greens and seasonings.
4. Cover and cook on low heat for 35 minutes or until tender. Serve warm.

*Adapted from: Kids...Get Cookin'!, Network for a Healthy California, 2009.*

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### Savory Greens

**Makes 6 servings.** 1 cup each.

**Cook time:** 30 minutes

**Ingredients:**

- 3 cups water
- ¼ pound skinless turkey breast
- ¼ cup chopped onion
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

**Instructions**

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

*Nutrition information per serving:*

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

*Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

## CORN

### Corn Salsa

**Ingredients:**

**Makes 32 tastes** at ¼ cup each

- 4 cups canned corn (drained)
- 4 cups mild, chunky salsa
- 64 whole wheat crackers
- Napkins and paper plates

**Instructions**

1. Combine corn and salsa together in medium bowl. Mix well.
2. Serve ¼ cup corn salsa with twowhole wheat crackers on a plate.

*Source: Monrovia Unified School District, 2009.*

## Corn and Green Chili Salad

**Makes 4 servings.**  $\frac{3}{4}$  cup each.

**Cook time:** 10 minutes

### Ingredients:

- 1 (10-ounce) can diced tomatoes with green chilies, drained
- 2 cups frozen corn, thawed (or 2 cups canned corn, drained)
- 2 tablespoons chopped fresh cilantro or  $\frac{1}{2}$  teaspoon dried cilantro flakes
- $\frac{1}{2}$  cup sliced green onions (optional)
- $\frac{1}{2}$  tablespoon vegetable oil
- 1 tablespoon lime juice

### Instructions

1. In a medium bowl, mix tomatoes, corn, cilantro, and green onions.
2. In a small bowl, whisk oil and lime juice together.
3. Pour dressing over salad and mix well. Serve immediately.

*Nutrition information per serving:*

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

## CUCUMBERS

### Chili Cucumbers

#### Ingredients:

**Makes 20 tastes**

- 40 whole wheat crackers
- 3 large cucumbers (40 slices)  
Chili powder  
Serving tray and napkins

### Instructions

1. Place one cucumber slice on top of a cracker.
2. Sprinkle with chili powder. Serve two crackers with napkin to each student.

Source: *Monrovia Unified School District*, 2010.

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### Veggie Tortilla Roll-Ups

**Makes 4 servings.**

*1 tortilla roll per serving.*

**Prep time:** 20 minutes

#### Ingredients:

- 4 whole wheat tortillas (7-inch)
- 8 tablespoons ( $\frac{1}{2}$  cup) nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh chopped spinach
- 1 cup chopped tomato
- $\frac{1}{2}$  cup chopped bell pepper (any color)
- $\frac{1}{2}$  cup chopped cucumber
- $\frac{1}{4}$  cup diced canned green chilies
- $\frac{1}{4}$  cup sliced ripe olives, drained

### Instructions

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

*Nutrition information per serving:*

Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

## DRIED FRUIT

### Trail Mix

**Makes 32 tastes** at 6 tablespoons each

**Ingredients:**

- 4 cups dried fruits (at least 4 varieties\*)
- 1½ cups mixed nuts
- 4 cups small pretzels
- 2½ cups whole grain cereal
- 4 tablespoons (for measurement)
- Bowls (to hold ingredients)
- Small bowls and spoons
- Paper and pencils

### Instructions

1. Set up ingredients on large table.
2. Let students make their own trail mix using the tablespoon measures.
3. Have them record what and how much of each ingredient they use in their recipe.

\*Examples: raisins, apricots, apples, cranberries, cherries

*Nutrition information per serving:*

Calories 107, Carbohydrate 18 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 129 mg

Source: CDE, 2006.

### Tropical Fruit and Nut Snack Mix

**Makes 5 servings.** ¾ cup per serving.

**Total time:** 25 minutes

**Ingredients:**

- 1 tablespoon butter
- ¼ cup honey\*
- 1 teaspoon almond or coconut extract
- 1 teaspoon ground cinnamon
- 2 cups old fashioned oats
- Nonstick cooking spray
- ½ cup sliced almonds
- ¾ cup dried tropical fruit bits
- ½ cup banana chips
- ¼ cup raisins

### Instructions

1. Preheat oven to 350 F.
2. Melt butter in a medium saucepan. Add honey, extract, and cinnamon and mix well. Stir in oats.
3. Transfer to a baking sheet coated with nonstick cooking spray. Spread mixture into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and add in dried fruit. Let cool completely and serve.

\*Do not give honey to children under the age of one.

*Nutrition information per serving:*

Calories 384, Carbohydrate 62 g, Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg

Adapted from: *Network for a Healthy California*, 2007.

## DRY BEANS

### Three Bean Salad

**Ingredients:**

**Makes 36 tastes** at 2 tablespoons each

- 1 can (15-ounce) kidney beans, drained and rinsed
- 1 can (15-ounce) garbanzo beans, drained and rinsed
- 1 can (15-ounce) black beans, drained and rinsed
- ½ cup light Italian dressing
- Small paper plates and forks

### Instructions

1. Combine beans in a medium bowl.
2. Add dressing and mix well.
3. Serve immediately on paper plate with fork.

Source: *El Monte City School District*, 2009.

## Chickpea Dip with Fresh Vegetables

Makes 4 servings.

2 tablespoons per serving.

**Cook time:** 15 minutes

### Ingredients:

- 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
- 3 cloves garlic
- ¼ cup plain lowfat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper
- 1 medium carrot, sliced
- 2 medium celery stalks, sliced
- ½ cup snap peas

### Instructions

1. Place the first eight ingredients into a blender container and blend until smooth.
2. Serve immediately using carrots, celery, and snap peas for dipping.

*Nutrition information per serving:*

Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

## GRAPEFRUIT

### Breakfast Fruit Cup

Makes 32 tastes at ¼ cup each

#### Ingredients:

- 4 large pink or red grapefruit
- 4 medium bananas, peeled and sliced
- ¼ cup raisins
- 1¼ cups lowfat vanilla yogurt
- 2 teaspoons ground cinnamon
- Small paper cups and spoons

### Instructions

1. Peel grapefruit and remove seeds. Slice into bite-size pieces.
2. In large bowl, combine fruit.
3. Divide fruit into cups. Top each with a spoonful of yogurt.
4. Sprinkle with cinnamon and serve.

*Nutrition information not available.*

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

### Citrus Salad

Makes 4 servings. 2 cups per serving.

**Prep time:** 10 minutes

#### Ingredients:

- 5 cups chopped salad greens
- 1 large orange, peeled and sectioned
- 1 medium pink or red grapefruit, peeled and sectioned
- ½ cup chopped red onion
- 1 cup thinly sliced radishes
- ¼ cup sliced almonds
- 2 tablespoons light sesame dressing
- 2 tablespoons 100% orange juice

### Instructions

1. Place salad greens in a large bowl.
2. Combine all ingredients with salad greens.
3. Toss ingredients together. Serve immediately.

*Nutrition information per serving:*

Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2009.

# GRAPES

## Grape Tea Sandwich

**Makes 36 servings** at  $\frac{1}{4}$  sandwich per serving

### Ingredients:

- 1 pound red grapes, washed, halved
- 1 (8-ounce) container lowfat cream cheese
- 18 slices whole wheat bread
- Paper plates and napkins

Adapted from: *Tasting Trio Team, Network for a Healthy California*, 2010.

### Instructions

1. Lightly spread 2 teaspoons of cream cheese on each slice of bread.
2. Place eight grape halves on top of the cream cheese for each slice of bread.
3. Put sandwiches together and slice into quarters.
4. Serve immediately.

*Nutrition information per serving:*

Calories 56, Carbohydrate 9 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 96 mg

## Great Grape Smoothie

**Makes 2 servings.** 1 cup per serving.

**Prep time:** 5 minutes

### Ingredients:

- 1 cup seedless grapes
- $\frac{1}{2}$  cup frozen cherries
- $\frac{1}{2}$  cup unsweetened frozen strawberries
- $\frac{1}{2}$  cup orange slices
- $\frac{1}{2}$  cup banana slices

### Instructions

1. Combine all ingredients in a blender. Blend until mixture is smooth.
2. Pour into glasses and serve immediately.

Helpful Hint: For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake or pie pan. Cover and freeze  $1\frac{1}{2}$  to 2 hours until frozen.

*Nutrition information per serving:*

Calories 187, Carbohydrate 48 g, Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

# GREEN BEANS

## Green Beans in Dip

**Makes 32 servings:**  $\frac{1}{4}$  cup green beans and  $\frac{1}{4}$  cup salsa dip per serving

### Ingredients:

- 4 cups fat free sour cream
- 4 cups fresh salsa
- 8 cups green beans, washed, ends cut off
- Small paper cups

### Instructions

1. In a large bowl, mix sour cream and salsa.
2. Spoon  $\frac{1}{4}$  cup dip into cup.
3. Insert 4 to 5 green beans into each cup. Serve immediately.

*Nutrition information per serving:*

Calories 39, Carbohydrate 8 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 238 mg

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California*, 2008.

## Creole Green Beans

**Makes 8 servings.** 1 cup per serving.

**Cook time:** 25 minutes

### Ingredients:

- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-ounce) package frozen cut green beans
- 1 cup chopped red bell pepper
- 1 cup chopped tomatoes
- ½ cup chopped celery
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

### Instructions

1. Heat oil in large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 5 to 7 minutes.
4. Stir in rest of the ingredients and cook for another 5 to 7 minutes. Serve hot.

*Nutrition information per serving:*

Calories 35, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

## KIWIFRUIT

### Kiwi Spears

**Makes 30 tastes** at 1 small spear each

### Ingredients:

- 10-12 kiwis, peeled and sliced
- 5 tangerines, peeled and segmented
- 5 bananas, peeled and sliced
- Sturdy plastic straws, cut in half, or stir sticks
- Paper plates or napkins

### Instructions

1. Thread two slices each of kiwi, tangerine, and banana, in an alternating pattern, onto straws.
2. Serve one spear on a plate to each student.

*Nutrition information per serving:*

Calories 53, Carbohydrate 13 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Source: *Network for a Healthy California, 2010.*

### Fruit Salad

**Makes 4 servings.** ½ cup each.

**Prep time:** 15 minutes

### Ingredients:

- 1 medium kiwifruit, peeled and sliced
- 1 small banana, peeled and sliced
- ½ cup chopped apple
- ½ cup grapes
- ½ cup 100% orange juice

### Instructions

1. In a medium bowl, mix all ingredients.
2. Serve immediately or chilled

*Nutrition information per serving:*

Calories 64, Carbohydrate 16 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Source: *Network for a Healthy California, 2010.*

## MANDARINS

### Mandarin Salad

**Makes 36 tastes** at  $\frac{1}{4}$  cup salad with 2 mandarin segments each

**Ingredients:**

- 10 ounces raw spinach, washed and drained
- 2 (15-ounce) cans mandarin oranges packed in 100% juice, drained
- $\frac{1}{4}$  cup reduced fat Asian Sesame dressing
- Small paper plates

**Instructions**

1. Combine spinach, mandarins, and dressing in a bowl. Stir until thoroughly mixed.
2. Place  $\frac{1}{4}$  cup of salad with two mandarin orange segments on each plate.
3. Serve immediately.

*Nutrition information per serving:*

Calories 14, Carbohydrate 3 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 23 mg

Adapted from: *Tasting Trio Team, Network for a Healthy California, 2010.*

### Orange Freeze

**Makes 4 servings.**

*1 $\frac{1}{4}$  cups per serving.*

**Prep time:** 5 minutes

**Ingredients:**

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup 1% lowfat or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups drained, canned mandarin oranges

**Instructions**

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth.
3. Pour into four glasses and serve.

*Nutrition information per serving:*

Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 33 mg

Adapted from: *Kids...Get Cookin'!, Network for a Healthy California, 2009.*

## MELONS

### Marvelous Melons

**Makes 36 tastes** at 1 piece of melon each

**Ingredients:**

- 1 pound each of cantaloupe, honeydew, and watermelon
- 1 teaspoon chili seasoning or powder (optional)
- Lime juice (optional)
- Small plates and napkins

Source: *Tasting Trio Team, Network for a Healthy California, 2010.*

**Instructions**

1. Wash, peel, and cut melons into small cubes.
2. Combine melons in a large bowl.
3. Optional: Sprinkle chili seasoning and/or lime juice over fruit and gently toss until well mixed.
4. Serve  $\frac{1}{4}$  cup of melons on each plate.

*Nutrition information per serving:*

Calories 6, Carbohydrate 2 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg

### Watermelon Salsa

**Makes 8 servings.**  *$\frac{1}{2}$  cup per serving.*

**Prep time:** 15 minutes

**Ingredients:**

- 3 cups seeded and chopped watermelon
- $\frac{1}{2}$  medium onion, chopped
- $\frac{1}{2}$  red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeno pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

**Instructions**

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

*Nutrition information per serving:*

Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

## ORANGES

### Breakfast Fruit Cup

**Makes 32 tastes** at  $\frac{1}{4}$  cup each

**Ingredients:**

- 8 oranges, peeled, seeded, and sliced into bite size pieces
  - 4 bananas, peeled and sliced
  - 4 tablespoons raisins
  - 1 $\frac{1}{3}$  cups lowfat vanilla yogurt
  - 2 teaspoons cinnamon
- Paper bowls or cups; plastic spoons

**Instruction**

1. In a large bowl, combine fruit, then divide equally into small bowls.
2. Put one tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.

*Nutrition information per serving:*

Calories 45, Carbohydrate 10 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 7 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

### Breakfast Fruit Cup

**Makes 4 servings.**  $\frac{1}{2}$  cup per serving.

**Prep time:** 5 minutes

**Ingredients:**

- 2 oranges, peeled, seeded, and sliced into bite size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- $\frac{1}{3}$  cup lowfat vanilla yogurt
- $\frac{1}{2}$  teaspoon ground cinnamon

**Instructions**

1. In a small bowl, combine oranges, bananas, and raisins.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with equal amounts of ground cinnamon before serving.

*Nutrition information per serving:*

Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

## PEACHES

### Peach Smoothies

**Makes 35 tastes** at  $\frac{1}{4}$  cup each

**Ingredients:**

- 6 fresh peaches, pitted and sliced
  - 6 fresh nectarines, pitted and sliced
  - 4 $\frac{1}{2}$  cups plain nonfat yogurt (or milk)
  - 4 $\frac{1}{2}$  cups 100% orange juice
  - 3 tablespoons honey
- Blender container  
Small paper cups

**Instructions**

1. Blend all ingredients together with ice. (May need to do in 2 to 3 batches.)
2. Serve cold in cups.

*Nutrition information per serving:*

Calories 62, Carbohydrate 13 g, Dietary Fiber 1 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 26 mg

Adapted from: *Kids Cook Farm-Fresh Food, CDE, 2002.*

### Good Morning Cobbler

**Makes 4 servings.** 1 cup each.

**Total time:** 10 minutes

**Ingredients:**

- 2 medium peaches, sliced (or 1 (15-ounce) can sliced peaches\*, drained)
- 1 (15-ounce) can pear halves\*, drained and sliced
- $\frac{1}{4}$  teaspoon almond or vanilla extract
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{3}{4}$  cup lowfat granola with raisins

**Instructions**

1. Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.

\*Canned fruit packed in 100% fruit juice.

*Nutrition information per serving:*

Calories 171, Carbohydrates 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 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, 2009.*

## PEARS

### Party Pear Frisbee

**Makes 36 tastes** at 2 rice cakes  
with yogurt each

**Ingredients:**

- 1 (29-ounce) can pear chunks  
in light syrup, drained
- 4 (6-ounce) containers lowfat vanilla yogurt
- 3½ ounces mini rice cakes

**Instructions**

1. Spoon yogurt into a large bowl.
2. Add pears and gently stir until just blended.
3. Place 1 teaspoon of yogurt and 2 pear chunks on top of each rice cake.
4. Place 2 rice cakes in a paper tray.
5. Serve immediately.

Adapted from: *Tasting Trio Team, Network for a Healthy California, 2010.*

### 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.

Adapted from: *Kids...Get Cookin'!, Network for a Healthy California Children's Power Play! Campaign, 2009.*

**Instructions**

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 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg

## PEAS

### Snow Peas With Mint

**Makes 24 tastes** at ¼ cup each

**Ingredients:**

- 2 pounds snow peas
- 4 cups water
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon brown sugar
- 12 fresh mint leaves, cut into strips
- Small plates or cups and forks

**Instructions**

1. String snow peas by snapping at tops and pulling top toward the opposite end. Place peas in colander and rinse under cold water.
2. Boil water and cook peas for 3 to 4 minutes.
3. Drain peas in colander in sink.
4. Add oil, salt, and pepper to saucepan. Add drained peas. Put on stove over low heat. Stir with spoon.
5. Sprinkle brown sugar over peas. Add mint and stir until peas are well coated. Serve immediately.

*Nutrition information per serving:*

Calories 22, Carbohydrate 3 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: *Storybook Stew by Suzanne Barchers and Peter Rauen (Fulcrum Publishing, 1996).*

## Mexican Rice

**Makes 6 servings.**  $\frac{3}{4}$  cup each.

**Total time:** 35 minutes

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- 1 (14½ -ounce) can low-sodium chicken broth
- 1 cup white rice
- $\frac{3}{4}$  cup tomatoes, chopped
- $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{4}$  teaspoon salt
- 1 cup frozen peas and carrots mix
- 1 cup frozen corn, thawed

### Instructions

1. Heat oil in saucepan over medium heat. Add onions and sauté until soft, about 5 minutes.
2. Stir in broth, rice,  $\frac{1}{2}$  cup tomatoes, chili powder, and salt. Bring to boil.
3. Reduce heat and simmer according to rice package instructions.
4. Stir in vegetables and let stand 5 minutes.
5. Spoon remaining tomatoes over top and serve warm

*Nutrition information per serving:*

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.*

## PEPPERS

### Pico de Gallo

#### Ingredients:

**Makes 36 tastes** at  $\frac{1}{4}$  cup each

- 3 pounds ripe tomatoes, chopped
- $4\frac{1}{2}$  cups chopped onion
- 1 cup chopped fresh cilantro
- 3 small jalapeño peppers, seeds removed, chopped
- 6 tablespoons lime juice
- 6 cloves garlic, minced
- $\frac{3}{4}$  teaspoon salt
- Baked tortilla chips
- Small cups

### Instructions

1. Combine all ingredients (except chips) in a medium bowl.
2. Spoon into cups. Serve with chips.

Adapted from: *Healthy Latino Recipes, Network for a Healthy California, 2008.*

### Vegetable Quesadillas

**Makes 4 servings.** 1 quesadilla each.

**Cook time:** 15 minutes

#### Ingredients:

- Nonstick cooking spray
- $\frac{1}{2}$  cup chopped green bell pepper
- $\frac{1}{2}$  cup frozen corn, thawed
- $\frac{1}{2}$  cup sliced green onion
- $\frac{1}{2}$  cup chopped tomato
- 2 tablespoons chopped cilantro
- 4 (6-inch) flour tortillas
- $\frac{1}{2}$  cup shredded lowfat cheese

### Instructions

1. Coat medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

*Nutrition information per serving:*

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.*

# PERSIMMONS

## Persimmon Salad

**Makes 36 tastes** at 2 tablespoons each

### Ingredients\*:

- 8 Fuyu persimmons, washed
- 2 Granny Smith apples, washed
- 1 lemon, washed
- 2 small packages honey\* (9 grams each)
- 1 tablespoon fresh mint, finely chopped (optional)

Adapted from: *Tasting Trio Team, Network for a Healthy California*, 2010.

### Instructions

1. Core and chop the persimmons and apples into ½” chunks and place in a bowl.
2. Cut the lemon in half and squeeze juice into a small container.
3. Add honey to the lemon juice and mix thoroughly with a whisk.
4. Pour the lemon-honey dressing over the fruit and gently toss until well coated.
5. Place 2 tablespoons of fruit salad in a paper tray.
6. Serve immediately. (If using mint, add just before serving.)

\*Do not give honey to children under the age of one.

*Nutrition information per serving:*

Calories 40, Carbohydrate 8 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

## 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

### Instructions

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](http://www.lapublichealth.org/nutrition)

# PLUMS

## Fruit Dip

### Ingredients:

**Makes 32 tastes** at ¼ cup each

- 4 cups lowfat vanilla yogurt
- ½ cup 100% orange juice
- ¼ cup lime juice
- 4 teaspoons brown sugar
- 8 medium plums, pitted and sliced
- 4 cups berries
- 4 medium peaches, pitted and sliced
- Small paper cups or bowls
- Spoons

### Instructions

1. In medium bowl, combine yogurt, juices, and brown sugar. Mix well.
2. Mix fruit in separate bowl.
3. Spoon yogurt mix into cups and top with mixed fruit.

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

## Savory Grilled Fruit

**Makes 8 servings.**  $\frac{1}{2}$  plum each.

**Cook time:** 8 minutes

**Ingredients:**

4 plums, halved and pitted

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

### Instructions

1. Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes.
2. Turn over plums and cook for an additional 4 minutes.
3. Serve while hot.

*Nutrition information per serving:*

Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

## POTATOES

### Herb Roasted Potatoes

**Makes 36 tastes** at  $\frac{1}{3}$  cup each

**Ingredients:**

4 pounds potatoes

4 tablespoons olive oil

1 small bunch rosemary or thyme

1½ teaspoons salt

Small plates and napkins

Adapted from: *Kids Cook Farm-Fresh Food, CDE, 2002.*

### Instructions

1. Preheat oven to 450 F. Remove rosemary or thyme from stems.
2. Cut rinsed potatoes into quarters or smaller.
3. In large bowl, toss potatoes with oil, herbs, and salt.
4. Place in baking dish. Cover. Bake for 30 to 40 minutes or until done. Serve warm on plates.

Hint: If unable to cook in class, make alternate cooking arrangements.

*Nutrition information per serving:*

Calories 51, Carbohydrate 9 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 102 mg

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### Oven Wedge Fries

**Makes 4 servings.** 1 cup each.

**Cook time:** 25 minutes

**Ingredients:**

Nonstick cooking spray

2 large russet potatoes, wedged

2 cloves garlic, finely chopped

1 teaspoon Italian herb seasoning mix

1 teaspoon chili powder or paprika

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

### Instructions

1. Preheat oven to 400 F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
2. In a small bowl, combine garlic with seasonings. Sprinkle  $\frac{1}{2}$  of the mixture over top of potato wedges.
3. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
4. Bake for another 7 minutes or until wedges are brown and cooked through. Serve hot.

*Nutrition information per serving:*

Calories 146, Carbohydrate 33 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

# PUMPKINS

## Pumpkin Dip

**Makes 36 servings** at  $\frac{1}{8}$  cup each

### Ingredients:

- 2 15-ounce cans 100% pumpkin
- 1 32-ounce container lowfat vanilla yogurt
- 6 apples, sliced
- Small paper cups and napkins

### Instructions

1. In a large bowl, combine the pumpkin and yogurt.
2. Spoon 2 tablespoons of dip into cups.
3. Add 1 or 2 apple slices to each cup. Serve immediately.

### Nutrition information per serving:

Calories 50, Carbohydrate 11 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg

Adapted from: *Network for a Healthy California*, 2012.

## Pumpkin Bean Soup

**Makes 6 servings.** 1 cup per serving.

**Cook Time:** 30 minutes

### Ingredients:

- 1 can white beans, undrained
- 1 small onion, finely chopped
- 1 cup water
- 1 15-ounce can 100% pumpkin
- 1½ cups 100% apple juice
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg or ginger
- ½ teaspoon black pepper
- ¼ teaspoon salt

### Instructions

1. In a blender, add beans, onion, and water. Blend until smooth.
2. In a large pot, add the pumpkin, juice, and spices. Stir well.
3. Add the blended bean mix to the pumpkin juices.
4. Cover and cook over low heat for 15-20 minutes. Serve warm.

### Nutrition information per serving:

Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from: *Pennsylvania Nutrition Education Network*

# ROOT VEGETABLES (JICAMA)

## Jicama Cucumber Salad

### Ingredients:

**Makes 24 tastes** at  $\frac{1}{4}$  cup each

- 1 pound jicama, peeled and cut into  $\frac{1}{2}$ -inch cubes
- 2 medium cucumbers, quartered, and sliced  $\frac{1}{4}$ -inch thick
- 1 fresh lime
- 3 teaspoons chili powder
- Small plates and forks

### Instructions

1. Combine jicama and cucumbers in a large bowl.
2. Squeeze lime juice over salad and mix well.
3. Sprinkle seasoning over salad and mix well. Serve immediately.

Adapted from: *Hawthorne School District*, 2009.

## Jicama Piña Breeze

**Makes 3 servings.** 1 cup per serving.

**Cook time:** 10 minutes

### Ingredients:

- ½ cup canned pineapple chunks with juice, packed in 100% juice
- ½ cup fresh jicama, peeled and cut into small pieces
- ½ cup fresh orange, peeled and cut into small pieces
- 2 cups 100% orange juice

### Instructions

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve immediately.

*Nutrition information per serving:*

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg

Adapted from: *Healthy Latino Recipes Made with Love, Network for a Healthy California*, 2008.

## SALAD GREENS

### Caesar Salad Wrap

**Makes 24 tastes** at ¼ slice each

### Ingredients:

- 1 head romaine lettuce, torn into bite-size pieces
- 4 tomatoes, chopped
- 2 tablespoons green onion, chopped
- 6 tablespoons reduced fat Caesar salad dressing
- 2 tablespoons Parmesan cheese
- 6 (10-inch) fat free flour tortillas
- Small plates or napkins

### Instructions

1. In a large bowl, combine all ingredients, except flour tortillas.
2. Place equal amounts of salad mixture in each tortilla.
3. Roll up tortillas and slice into quarters. Serve on plates.

Hint: You may need to prepare in two batches.

*Nutrition information per serving:*

Calories 82, Carbohydrate 14 g, Dietary Fiber 1 g, Protein 3 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 191 mg

Adapted from: *Network for a Healthy California*, 2011.

### Cactus Salad

**Makes 4 servings.** 1½ cups per serving.

**Prep time:** 15 minutes

### Ingredients:

- 4 cups shredded green cabbage
- 2 fresh cactus leaves (about 1 cup), cleaned and finely chopped
- 4 thin slices white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 1 serrano chili, seeds removed and finely chopped
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar

### Instructions

1. In medium bowl, mix cabbage, cactus, onion, radishes, tomato, and chili. Place on 4 separate plates.
2. In small bowl, stir together vinegar, oil, and sugar. Drizzle over each salad. Serve immediately.

*Nutrition information per serving:*

Calories 48, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California*, 2008.

# SPINACH

## Spinach Raisin Salad

Makes 24 servings at ¼ cup each

### Ingredients:

- 6 ounces raw spinach, washed and drained
- ½ cup raisins\*
- ¼ cup light balsamic vinaigrette
- Small paper trays or plates

Adapted from: *Tasting Trio Team, Network for a Healthy California*, 2009.

### Instructions

1. Combine spinach, raisins, and vinaigrette in a bowl. Mix well.
2. Place ¼ cup of salad on paper tray. Serve immediately or chilled.

\*May substitute with other dried fruit.

*Nutrition information per serving:*

Calories 13, Carbohydrate 3 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 23 mg

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## Veggie Tortilla Roll-Ups

Makes 4 servings. 1 tortilla per serving.

Prep time: 20 minutes

### Ingredients:

- 4 (7-inch) whole wheat tortillas
- ½ cup nonfat cream cheese
- 2 cups fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper
- ½ cup chopped cucumber
- ¼ cup diced canned green chiles
- ¼ cup sliced ripe olives, drained

### Instructions

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top each tortilla with equal amounts of vegetables.
3. Roll up tightly to enclose filling. Slice each roll-up in half. Serve.

*Nutrition information per serving:*

Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California*, 2007.

# STRAWBERRIES

## Strawberry Smoothie

Makes 24 tastes at ¼ cup each

### Ingredients:

- 1 cup 100% orange juice
- 2 large bananas, peeled and sliced
- 2 cups fresh or frozen strawberries, thawed
- 2 cups lowfat vanilla yogurt
- 10 ice cubes
- Blender
- Paper cups

### Instructions

1. Combine orange juice, banana, and half the strawberries into a blender container. Blend until smooth.
2. Add yogurt, remaining strawberries, and ice cubes. Blend until smooth.
3. Serve immediately in cups.

Hint: You may need to prepare in two batches.

*Nutrition information per serving:*

Calories 38, Carbohydrate 8 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 19 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*, 2008.

## Berry Banana Split

**Makes 1 serving.**

**Prep time:** 5 minutes

**Ingredients:**

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

**Instructions**

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

*Nutrition information per serving:*

Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

## SWEET POTATOES

### Paradise Sweet Potatoes

**Makes 36 servings** at 1 piece of sweet potato and pineapple per serving

**Ingredients:**

- 2 (15-ounce) cans sweet potatoes in light syrup, drained
- 1 (20-ounce) can pineapple chunks in 100% juice, drained (reserve ¼ cup juice)
- 1½ teaspoons ground cinnamon

**Instructions**

1. Combine sweet potatoes, pineapple, cinnamon, and reserved juice in a large bowl. Mix thoroughly.
2. Place one sweet potato and one pineapple chunk on each paper plate. Serve immediately.

*Nutrition information per serving:*

Calories 36, Carbohydrate 9 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 9 mg

Adapted from: *Tasting Trio Team*, Network for a Healthy California, 2010.

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### Sweet Potato Hash

**Makes 6 servings.** 1 cup per serving.

**Cook time:** 40 minutes

**Ingredients:**

- ¼ cup vegetable oil
- 2 cups frozen or fresh chopped bell peppers and onions
- 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

**Instructions**

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

*Nutrition information per serving:*

Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

# TOMATOES

## Pico de Gallo

**Makes 36 tastes** at  $\frac{1}{4}$  cup each

### Ingredients:

- 3 pounds tomatoes, chopped
- 4½ cups chopped onion
- 1 cup chopped fresh cilantro
- 9 jalapeño peppers, seeds removed and chopped
- 6 cloves garlic, finely chopped
- 6 tablespoons lime juice
- $\frac{3}{4}$  teaspoon salt
- Small paper cups
- Baked tortilla chips

### Instructions

1. Combine all ingredients in a large bowl.
2. Serve in small cups with baked tortilla chips.

*Nutrition information per serving\*:*

Calories 17, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 52 mg

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California—Latino Campaign, 2008.*

\*Information for Pico de Gallo only; does not include tortilla chips.

## Huevos Rancheros with Fresh Salsa

**Makes 4 servings.** 1 tortilla per serving.

**Cook time:** 30 minutes

### Ingredients:

- 4 (6-inch) corn tortillas
- $\frac{1}{2}$  tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded cheese
- 2 cups fresh salsa
- $\frac{1}{8}$  teaspoon ground black pepper

### Instructions

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides. Place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges. Remove from oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Cook egg substitute in skillet over medium heat for 2 to 3 minutes until eggs are cooked.
5. Place equal amounts of egg on each tortilla. Top each with  $\frac{1}{2}$  tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon  $\frac{1}{2}$  cup fresh salsa over each tortilla and top with ground black pepper. Serve warm.

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

*Nutrition information per serving:*

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

# WINTER SQUASH

## Pumpkin Delight

**Makes 36 tastes** at 2 tablespoons each

### Ingredients:

- 2 (15-ounce) cans 100% pure pumpkin
- 2 tablespoons of pumpkin pie spice
- 1 sleeve of lowfat graham crackers
- 1 tablespoon of honey\*
- Small paper plates
- Small plates and forks

### Instructions

1. Place the pumpkin in a large bowl.
2. Stir pumpkin spice and honey thoroughly into the pumpkin.
3. Crumble all graham crackers into the pumpkin mixture and stir until wellblended. Mixture will be chunky.
4. Place 2 tablespoons of pumpkin mixture on paper plate. Serve immediately.

\*Do not give honey to children under the age of one. Lowfat vanilla yogurt may be used in place of honey.

Adapted from: *Tasting Trio Team, Network for a Healthy California, 2010.*

*Nutrition information per serving:*

Calories 40, Carbohydrate 8 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

## Spicy Apple-Filled Squash

**Makes 4 servings.**

*1 wedge per serving.*

**Cook time:** 70 minutes

### Ingredients:

- 1 large acorn squash (about 1 pound)
- 1 cup water
- 2 teaspoons butter
- 1 large apple, cored, peeled, chopped
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon nutmeg

### Instructions

1. Preheat oven to 400 F.
2. Cut squash in half and scoop out seeds. Place squash, cut side down, in 13 x 9-inch dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While squash is baking, cook rest of the ingredients in a saucepan over medium heat for 8 minutes or until apple is crisp-tender.
5. Cut each squash half into two pieces and divide apple mixture equally among squash wedges. Return squash to oven. Bake 10 minutes more. Serve hot.

*Nutrition information per serving:*

Calories 99, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

## ZUCCHINI

### Vegetable Kabobs & Dip

#### Ingredients:

**Makes 32 tastes** at 1 stick each

- 8 raw zucchini, sliced
  - 8 raw yellow squash, sliced
  - 4 tomatoes, cut into eighths
  - 32 mushrooms, whole
  - 2 cups lowfat vegetable dip
  - 16 wooden kabob sticks, halved
- Serving tray and napkins

### Instructions

1. Place zucchini, squash, tomatoes, and mushrooms on sticks, alternating colors.
2. Arrange on a tray and drizzle with vegetable dip. Serve with napkins.

Adapted from: *Network for a Healthy California, 2009.*

### Herbed Vegetable Combo

**Makes 4 servings.** ½ cup each.

**Cook time:** 10 minutes

#### Ingredients:

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into strips
- ¼ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ½ teaspoon garlic powder
- 1 medium tomato, cut into wedges

### Instructions

1. Heat water in medium pan. Add zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp tender (about 4 minutes).
3. Sprinkle vegetables with seasonings. Top with tomatoes.
4. Cover again and cook over low heat until tomatoes are warm (about 2 minutes). Serve warm.

*Nutrition information per serving:*

Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

Adapted from: *Everyday Health Meals, Network for a Healthy California, 2007.*

# Physical Activity Tips

Choose from the following to fill in the Healthy Tips text box below the image on the calendar in Template 1.

## FOR ALL AUDIENCES:

- Go for a walk or jog in the morning to jump-start the brain.
- Start slowly — add 10 to 15 minutes of physical activity to your day and gradually work up to 60 minutes.
- Stretch before bedtime. It may help all of you relax and sleep better.
- If you have to drive, park the car farther away than normal and walk the rest of the way.
- Get at least 60 minutes of physical activity every day to help keep your heart healthy.

## AT SCHOOL:

- Walk to and from school or to after-school activities.
- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Encourage children to start a walking group during recess. They can talk while they walk!
- If walking to school is not possible, consider other safe places to walk — a park, shopping mall, or around your neighborhood.

## WITH THE FAMILY:

- Take a family walk after dinner.
- Walk in your neighborhood – to the park, church, farmers’ market, or grocery store.
- Kick up your heels and dance with your child to your favorite tunes.
- Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.) Post goals in a highly visible area, such as on the refrigerator. Encourage each other to meet goals and set new ones. Decide on a “reward” for meeting goals. (Example: family outing or hike).
- Be a role model. Walk up stairs, walk to the market, or take a family walk after dinner. Studies show that children who see their parents having fun and being active are more likely to stay active their entire lives.
- Teach your child some of your favorite childhood games – Mother-May-I, Red Rover, hopscotch, and hula-hoop.
- Walk to the grocery store with your child. On the way home, do arm curls with the lighter grocery bags.
- Play touch football or tag this weekend.
- Play a game of tag or hide-and-go-seek after dinner.
- Run, jog, or bike on a family treasure hunt in a nearby park.
- During TV commercials, have a push-up or sit-up contest with your child.
- Set aside 10 minutes in the morning and at night to do chores (sweeping, mopping, and cleaning). Then, set aside 20 minutes for fun play time.

## IN THE WORKPLACE:

- Stretch with co-workers to help relax during your break.
- Get moving during breaks – play, walk, skip, run, dance, or stretch.  
Active bodies make active minds.
- Choose the parking spot that is the farthest away from the door. Every extra step counts!

Sources: *Harvest of the Month* family newsletters and the *Network for a Healthy California's Physical Activity Integration*

# Rethink Your Drink

Choose from the following to fill in information in the text box below the calendar in Template 1.

- Drink water instead of sugar-sweetened beverages, such as sodas, energy drinks, and fruit drinks.
- Choose from a variety of healthy drink options, such as water, 1% milk, fat-free milk, 100% fruit juice or unsweetened tea over sugar-sweetened beverages.
- Use the Nutrition Facts label to choose foods and beverages with less total sugars.
- Use the ingredients list to choose foods and beverages with little or no added sugars.
- Serve water, non-fat, or lowfat 1% milk at meals and snack times.
- Reward kids with non-food items.
- Be a role model – drink water instead of sugar sweetened beverages.
- Make water, lowfat, or fat-free milk or 100% juice an easy option in your home.
- How much water is enough? Let your thirst be your guide – everyone’s needs are different.
- Water is usually easiest on the wallet. You can often save money by drinking water from the tap at home or when eating out.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Offer water, 100% juice, or fat-free milk when kids are thirsty.

Source: *Rethink Your Drink*, Network for a Healthy California, 2013.

# Health Benefits of Eating the Featured Produce

Choose from the following to fill in the Health Benefits text box below the image on the calendar in Template 2.

## Apples

- A ½ cup of sliced apples is a source of fiber.
- Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.

## Asparagus

- A ½ cup of cooked asparagus is an excellent source of folate and vitamin K and a good source of vitamin C, vitamin A, and thiamin.
- Asparagus is also a source of vitamin E.
- Vitamin E is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.

## Avocados

- A ½ cup of sliced avocado is a good source of fiber, vitamin C, vitamin B6, folate, potassium, and vitamin K.
- Avocados are also a good source of monounsaturated fat, which is a healthy fat your body needs.
- Monounsaturated fat is an oil that helps lower the “bad” cholesterol in your body and may help raise the “good” cholesterol.

## Beets

- A ½ cup of cooked beet greens is an excellent source of vitamin K, vitamin A, and vitamin C. It is also a good source of riboflavin.
- Riboflavin is also called vitamin B2. It is important for building healthy red blood cells.

## Berries

- A ½ cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

## Broccoli

- A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Pregnant women need folate in their diets to help prevent some forms of birth defects.

## Cabbage

- A ½ cup of fresh or cooked cabbage is an excellent source of vitamin C and vitamin K.
- A ½ cup of cooked cabbage also provides fiber and folate.
- Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and help lower the risk of heart disease and certain types of cancer.

## Carrots

- A ½ cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
- Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.

## Cooked Greens

- Most cooked greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- They also have calcium, a mineral that helps the body grow strong bones and teeth.

## Corn

- A ½ cup of corn provides a good source of folate and thiamin.
- Thiamin is also called vitamin B1. It helps your body use energy.

## Cucumbers

- A ½ cup of cucumbers is a good source of vitamin K, which helps your blood clot.
- Cucumbers are about 96% water.

## Dried Fruit

- A ¼ cup of most dried fruit is a source of potassium.
- Potassium is a mineral that helps your brain tell your muscles when to move.
- Potassium also helps keep a healthy blood pressure.

## Dry Beans

- A ½ cup of most cooked beans is an excellent source of fiber and folate.
- Dry beans are also a good source of plant protein, iron, and potassium.
- Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

## Grapefruit

- A ½ cup of sliced grapefruit is an excellent source of vitamin C.
- A ½ cup of sliced grapefruit has good nutritional value and low calories.

## Grapes

- Grapes are also a source of carbohydrates, mostly in the form of simple carbohydrates, which are commonly called sugars.
- Sugars provide a quick source of energy for your body.

## Green Beans

- A ½ cup of green beans is a good source of vitamin C and vitamin K.
- Green beans also have fiber. Fiber helps you feel full, keeps your blood sugar levels normal, and helps you avoid constipation.

## Kiwifruit

- A ½ cup of sliced kiwis is an excellent source of vitamin C and vitamin K. It is also a good source of fiber.
- Vitamin C helps the body heal cuts and wounds. It also helps lower the risk of infection.

## Mandarins

- A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A.
- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C is found only in plant foods.
- Our bodies do not make or store vitamin C so try to eat foods with vitamin C every day.

## Melons

- A ½ cup of cantaloupe also provides an excellent source of vitamin A.
- Melons are a good source of carotenoids, which are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.

## Oranges

- A ½ cup of orange segments is an excellent source of vitamin C.
- Eating oranges also gives you fiber and folate.
- Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

## Peaches

- A ½ cup of peaches has vitamin C, vitamin A, and fiber.
- Fiber helps you feel full and keep your blood sugar level normal. Fiber also helps you maintain a healthy weight.
- Fiber is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

## Pears

- 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 your risk of high blood pressure, heart disease, stroke, and some types of cancer.

## Peas

- A ½ cup of peas (fresh or cooked) is an excellent source\* of vitamin K.
- Peas are also a good source\* of fiber, vitamin C, vitamin A, folate, and thiamin.
- Thiamin is also called vitamin B1. It helps keep the body's nerves healthy

## Peppers

- A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
- A ½ cup of sweet red peppers is also a good source of vitamin B6, which helps your body build healthy blood cells.

## Persimmons

- 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.

## Plums

- One medium-sized plum is a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.

## Potatoes

- A ½ cup of cooked potatoes is a good source of vitamin C.
- A ½ cup of cooked potatoes is also a source of many important vitamins and minerals, such as vitamin B6, potassium, and niacin.
- Niacin is a type of B-vitamin that helps make energy in your body.

## Pumpkins

- A ½ cup of pumpkin is an excellent source of vitamin A and a good source of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

## Root Vegetables

- A ½ cup of most root vegetables is an excellent source of vitamin C.
- Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system.

## Salad Greens

- One cup of salad greens (butterhead, green leaf, red leaf, romaine, iceberg) is an excellent source\* of vitamin K.
- Most varieties of salad greens are also a good source\* of vitamin A and folate.
- Vitamin K helps stop cuts and scrapes from bleeding too much. It also works with calcium to help build strong bones.

## Spinach

- 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 B6 – 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.

## Strawberries

- A ½ cup of strawberries is an excellent source of vitamin C – providing 81% of the recommended Daily Value.
- Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- We cannot make vitamin C in our bodies so we need to eat foods rich in vitamin C, like fruits and vegetables.

## Sweet Potatoes

- A ½ cup of sweet potatoes is an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B6, and potassium.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.

## Tomatoes

- A ½ cup of sliced tomatoes is a good source of vitamin C and vitamin A.
- Tomatoes are a great source of lycopene. Lycopene is a powerful antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy.

## Winter Squash

- A ½ cup of winter squash, like butternut, hubbard, and pumpkin, is an excellent source of vitamin A.
- A ½ cup of winter squash, like acorn, butternut, hubbard, and pumpkin, is a good source of fiber and vitamin C.
- A ½ cup of acorn squash provides iron and calcium.
- Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

## Zucchini

- A ½ cup of sliced zucchini is a good source of vitamin C.
- It also provides a source of manganese. This mineral is involved in the formation of bone and connective tissue. It is important for growing children.

Source: *Harvest of the Month* newsletters

Note: You can also pull health benefit messages from the “Reasons to Eat” section of the *Harvest of the Month* educator newsletters.

# Healthy Serving Ideas

Choose from the following to fill in the text box at the bottom of the calendar in Template 2.

## Apples

- Mix chopped apples into your morning oatmeal for a hearty start to your day.
- Add chopped apples and golden raisins to chicken salad for a healthy lunch.
- Place 4 cored apples in a microwave safe dish and fill with raisins. Pour  $\frac{1}{2}$  cup of apple juice over the apples and sprinkle with nutmeg and cinnamon. Cover with plastic wrap and microwave on high for 5 minutes for a hot dessert!

## Asparagus

- Boil asparagus in a small amount of water until tender, or 5 to 8 minutes.
- Roast chopped asparagus, mushrooms, eggplant, carrots, and zucchini with one cup of chicken broth at 350 F for 30 minutes.
- Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken for a quick meal.

## Avocados

- Add sliced avocados to your favorite salad.
- Mash avocados to make a creamy, flavorful topping for your sandwiches.
- Mix mashed avocados into baked potatoes for a rich and healthy topping.

## Beets

- Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.
- Combine fresh sliced or canned beets with sliced tomatoes and onions for a delicious, healthy salad
- Sauté beet greens with chopped onion and garlic for a healthy side dish.

## Berries

- Blend frozen berries with sliced bananas, lowfat milk, and 100% orange juice for a refreshing smoothie
- Make healthy banana splits for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and add your favorite berries.
- Add blueberries to oatmeal, lowfat yogurt, or cereal.

## Broccoli

- Toss chopped broccoli with chopped cabbage, shredded carrots, sliced bell peppers, chicken, and some sesame dressing for a zesty Asian chicken salad.
- Top pizza with chopped broccoli before putting it in the oven.
- Add chopped broccoli and your choice of vegetables to scrambled eggs. Wrap the eggs in a whole wheat tortilla. Sprinkle with lowfat cheese for a quick and tasty breakfast burrito.

## Cabbages

- Cook cabbage with broccoli, bell pepper slices, carrots, and grilled chicken.
- Use green and purple cabbage for a rainbow coleslaw.
- Add green or purple cabbage to stews or soups.

## Carrots

- Eat carrot sticks dipped in a light dressing for a healthy snack.
- Add shredded carrots to coleslaw for extra color and flavor.
- Boil carrots with potatoes for a sweet twist on mashed potatoes.

## Cooked Greens

- Flavor collard greens by cooking them with smoked turkey breast. Add in chopped peppers for an extra kick.
- Add chopped kale or Swiss chard to soups and stew.
- Stir-fry bok choy with a variety of colorful vegetables. Serve over a bed of brown rice.

## Corn

- Cook corn on the grill at your next family BBQ.
- Stuff whole wheat pita pockets with canned corn and black beans for a healthy sandwich.
- Combine frozen corn (thawed), canned (diced) green chiles, chopped green onions, and tomatoes with a dash of lime juice and vegetable oil for a tasty salad. Top with grilled chicken for a complete meal.

## Cucumbers

- Serve sliced cucumbers and other vegetables with lowfat dressing as a dip for a healthy snack.
- Wrap chopped cucumbers, tomatoes, and shredded lettuce with lowfat cream cheese in a whole wheat tortilla. Add a few more of your favorite vegetables for a real power meal.
- For a new flavor, add sliced cucumbers to your water.

## Dried Fruit

- Mix your favorite dried fruits with nuts or whole grain cereal to make your own “trail mix.” Enjoy as an on-the-go snack.
- Add raisins to chicken or tuna salad for a sweet twist.
- Add dried fruits to your morning cereal for extra fiber and natural sweetness.

## Dry Beans

- For a warm side dish, boil blackeye peas for 15 to 20 minutes, or until they are soft. You can also use canned, drained blackeye peas. Sauté with some of the remaining cooking liquid, chopped onions, and colorful bell peppers.
- For a quick and delicious snack, make your own fresh hummus using canned garbanzo beans (chickpeas). Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for the recipe (Chickpea Dip with Fresh Vegetables).
- On a cold day, use a variety of dry beans, lentils, smoked turkey, and chopped fresh or frozen vegetables to make your own hearty bean soup.

## Grapefruit

- Enjoy plain grapefruit for breakfast.
- Add a citrus splash to your green salads by topping them with peeled grapefruit slices.
- Blend grapefruit slices with lowfat yogurt and frozen strawberries for a tasty smoothie.

## Grapes

- Add sliced grapes to your favorite coleslaw.
- Blend grapes with banana, 100% orange juice, and ice for a tasty smoothie.
- Add grapes and cashews to chicken salad. Wrap it in a whole wheat tortilla for a grab-and-go lunch.

## Green Beans

- Sauté green beans with sliced bell peppers, chopped tomatoes, and chopped celery. Add a pinch of cayenne pepper for a spicy side dish.
- Cook green beans and chopped cactus leaves in boiling water for 5 minutes. Serve with chicken mole.
- Boil green beans for three minutes. Then sauté with a small amount of oil and a handful of sliced almonds.

## Kiwifruit

- Kiwis are a great fast food. Just grab, cut, scoop, and go. You can even eat the skin for extra fiber!
- Add sliced kiwis to fruit salads and serve on top of a papaya wedge.
- Blend kiwis with orange juice. Freeze in paper cups to make a healthy treat.

## Mandarins

- Mandarins are easy to peel and make a great afternoon snack.
- Add mandarin slices to green salads.
- Mix cooked long grain rice with mandarins, crushed pineapple, chopped red onions, chopped cucumbers, and chopped mint for a refreshing side dish.

## Melons

- Try a bowl of sliced honeydew and cantaloupe for a cool and colorful snack.
- Make melon kabobs with cubed cantaloupe, honeydew, and watermelon. You can also add in berries for extra color!
- Blend seedless watermelon and freeze in ice cube trays. Add frozen watermelon cubes to sparkling water for a refreshing drink.

## Oranges

- Orange wedges make a great, quick snack.
- Blend two peeled oranges with two cups of frozen, unsweetened strawberries until smooth. Place the citrus berry mixture in the freezer and stir every 15 minutes until you have a thick, icy treat.
- Mix peeled orange slices with raisins and banana slices. Top with a spoonful of lowfat vanilla yogurt for a healthy breakfast.

## Peaches

- Mix peach or nectarine slices with granola and sliced almonds. †
- 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.

## Pears

- Add sliced pears to green salads for a sweet crunch.
- Toss chopped pears, onions, bell peppers, and mangos with a touch of cilantro and lime juice. Serve with baked corn chips for a quick salsa everyone will love.
- Pears make an easy snack for any time of day—just grab and go!

## Peas

- Cook sugar snap or snow peas with sliced vegetables and chicken strips for a quick stir-fry.
- Add sugar snap or snow peas to your favorite pasta dish.
- Simmer green peas with sliced mushrooms in low-sodium chicken broth for a tasty side dish.

## Persimmons

- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.
- Fuyu persimmons make a great fast food. Just slice and enjoy.
- Chopped Fuyu persimmons make a sweet topping for green salads.

## Peppers

- Mix in bell pepper slices to your morning eggs for a healthy start to your day.
- Add sautéed bell pepper slices to chicken dishes.
- Eat sliced bell peppers for an afternoon snack.

## Plums

- Plums do not need any preparation—just wash and eat!
- Add sliced plums to a green salad.
- Blend chopped plums with lowfat milk and crushed ice for a refreshing drink.

## Potatoes

- Sprinkle potato wedges with chopped garlic and Italian seasoning; bake at 400°F for 7 minutes. Flip the wedges and sprinkle the other side with the garlic mixture; bake 7 minutes more for a hot and crispy side dish.
- Top baked potatoes with one tablespoon of lowfat sour cream and your choice of toppings – like chopped avocado and salsa, broccoli and lowfat Cheddar cheese, or chopped tomatoes and bell peppers.
- Roast small potatoes with carrots and green beans as a side dish for a chicken dinner.

## Pumpkins

- Mix cubed pumpkin with light olive oil. Roast cubed pumpkin in oven at 400°F until tender. Enjoy warm.
- Scoop out the seeds from a pumpkin. Wash and remove all strings from seeds. Dry the seeds and then spread evenly on a baking sheet coated with nonstick cooking spray. Sprinkle with your favorite seasonings. Roast in preheated oven at 300°F for 10 to 25 minutes, turning the seeds once.
- Use canned pumpkin to make tasty breads and muffins. Add raisins or chopped nuts for more flavor.

## Root Vegetables

- Blend peeled and sliced jicama with canned pineapple, fresh orange slices, and 100% orange juice for a refreshing drink.
- Enjoy jicama with lime juice and chili powder for an afternoon snack.
- Slice and boil parsnips in low-sodium chicken broth to make mashed parsnips instead of potatoes.

## Salad Greens

- Add lots of salad greens to sandwiches and pita pockets.
- Top salads with a variety of fruits or vegetables for a different creation every day.
- Add salad greens to whole wheat tortilla wraps for a quick and healthy meal.

## Spinach

- Mix fresh spinach with sliced pears, raisins, and a light dressing for a tasty salad.
- Add chopped fresh or frozen spinach to a hearty stew.
- Sauté chopped mushrooms, onions, and garlic until soft. Add chopped spinach to the pan and sauté for 10 minutes. Spread the mixture on a square of pizza dough and sprinkle with Mozzarella cheese. Roll it up and bake at 350°F for 40 minutes. Dip slices in marinara sauce.

## Strawberries

- 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.

## Sweet Potatoes

- Dip strips of sweet potatoes in egg substitute. Bake on a lightly oiled pan at 425°F for 25 to 30 minutes for a batch of sweet potato fries.
- Bake chopped sweet potatoes with apples and cinnamon for a warm dessert.
- Sauté small sweet potato cubes with chopped onions and bell peppers for a delicious sweet potato hash.

## Tomatoes

- Add lots of tomatoes to sandwiches for a healthy punch to your lunch.
- Sauté sliced red tomatoes with okra pods and sliced onions for a Southern-style side dish.
- Cherry tomatoes are a delicious addition to grilled kabobs. Be careful to give the juices inside the tomatoes enough time to cool off before taking a bite.

## Winter Squash

- Roast cubes of butternut squash seasoned with thyme and sage.
- Blend roasted butternut squash cubes in a blender with just enough chicken broth to make a thick and creamy soup.
- Bake acorn squash halves in about quarter-inch of water at 400°F until tender (about one hour). Sauté one chopped apple, cinnamon, nutmeg, and a sprinkle of brown sugar until soft. Fill each half with the apple filling and bake for 10 minutes more.

## Zucchini

- Add extra shredded zucchini to zucchini bread. Bake in muffin tins for an easy snack. Make this treat even healthier by using applesauce instead of oil and adding in raisins.
- Sauté chopped zucchini, onions, and bell peppers to add to chicken enchiladas.
- Sauté zucchini sticks with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.

Source: *Harvest of the Month* newsletters and Produce Quick Tips

# Nutrition Fact Labels

Choose a relevant Nutrition Facts label(s) to fill in the left sidebar of the calendar in Template 2. Please find an example below. These labels can be found here:

[www.harvestofthemonth.cdph.ca.gov/EdCorner/nutrition-labels.asp](http://www.harvestofthemonth.cdph.ca.gov/EdCorner/nutrition-labels.asp).

## Apples

<b>Nutrition Facts</b>	
Serving Size: ½ cup apples, sliced (55g)	
Calories 28	Calories from Fat 0
<hr/>	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

# Rethink Your Drink

Choose from the following to fill in information in the left sidebar of the calendar in Template 2.

- Drink water instead of sugar-sweetened beverages, such as sodas, energy drinks, and fruit drinks.
- Choose from a variety of healthy drink options, such as water, 1% milk, fat-free milk, 100% fruit juice or unsweetened tea over sugar-sweetened beverages.
- Use the Nutrition Facts label to choose foods and beverages with less total sugars.
- Use the ingredients list to choose foods and beverages with little or no added sugars.
- Serve water, non-fat, or lowfat 1% milk at meals and snack times.
- Reward kids with non-food items.
- Be a role model – drink water instead of sugar sweetened beverages.
- Make water, lowfat, or fat-free milk or 100% juice an easy option in your home.
- How much water is enough? Let your thirst be your guide – everyone’s needs are different.
- Water is usually easiest on the wallet. You can often save money by drinking water from the tap at home or when eating out.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Offer water, 100% juice, or fat-free milk when kids are thirsty.

Source: *Rethink Your Drink, Network for a Health California, 2013.*

## Fit Business Tips

Choose from the following to fill in the text box over the image on the calendar in Template 3.

### FOR ALL SEASONS:

- **Ride a Bike.** Riding a bike is a fun way to enjoy the outdoors and be active. You will also reduce pollution and save on travel, gas, and car maintenance costs. Try riding your bike to work or to the store. Set up a time to bike ride with a loved one each week and work on increasing your stamina. Always be sure to use a helmet and to obey traffic signals.
- **Use a Pedometer.** Did you know that every mile that an inactive person walks adds about 21 minutes to his or her life and lowers health care costs by 34 cents? (California Journal of Public Health). A pedometer is a fun and safe device that measures the distance that you walk. It can be worn at home, on the way to work, in the office, or anywhere you walk. Try using pedometers and holding a fun contest with your family or friends to see who can walk the most.
- **Work Fruits and Veggies Into Your Meal.** You can always work fruits and vegetables into your meal whether you are firing up the barbecue or eating in your office. A peach or a nectarine makes a sweet snack on the go. Salad greens with a little dressing and some tomatoes, zucchini, mandarin oranges, or dried cranberries makes a great addition to your lunch. You can also try experimenting and incorporating vegetables into kabobs on the grill or making a fruity salsa to eat with lowfat chips.
- **Form a Wellness Committee.** A Wellness Committee is a group of employees that steers the direction of their company's worksite wellness program. Studies have shown that companies that form Wellness Committees have more successful and sustainable worksite wellness programs. So be a pioneer and start a Wellness Committee today. Does your company already have a Wellness Committee? Begin making changes that will help promote good health and improve the overall morale and productivity of your workplace. For more information, please visit [www.takeactionca.com/california-fit-business-kit-tools.asp](http://www.takeactionca.com/california-fit-business-kit-tools.asp).
- **Try a New Physical Activity.** Try playing basketball or soccer with your friends or family. You can also visit your local community center and find a free dance or kickboxing class. Even if you can't get outside often, you can still do stretches at your desk or push ups against the wall. At home or at your office, you can also simply take some time to walk up and down the stairs.
- **Drink Water.** Replace sugary drinks with water. Your body needs 8 to 10 glasses of water per day to stay hydrated. Too often we forget about drinking water, so grab a water bottle and drink at work, in the car, or while relaxing. Sugary drinks are nice treats, but water is the healthiest drink of choice. Water also can make you feel fuller while enjoying lunch or dinner. Your body will feel refreshed and you will feel healthier and happier.

## FOR SUMMER:

- **Be Sun Safe.** It is important to be careful of the sun during the warm days of summer. Make sure to wear sunscreen, sunglasses with UV protection, and a hat. Always reapply sunscreen often if you are outdoors. Your lips can get burned as well so don't forget to use a lip balm with SPF. Drink plenty of water so that your body can replenish its fluids.
- **Keep Moving and Stay Hydrated.** Summer is the perfect time to go out and have fun. Go biking or jogging, play with your kids, or go to the park. Outdoor activity helps you keep healthy and spend time with your loved ones. Be sure to drink water in the heat. Kick up the taste of your water with slices of oranges, lemons, cucumbers, or strawberries. Fruits and vegetables boost natural flavor without a lot of calories. Get out earlier in the morning or later in the evening to stay away from direct sun. Always use sunscreen. You can still get your body moving when it's too hot to go outside. Beat the heat with inside activity like yoga, aerobics, or bowling. Even cleaning the house can keep you fit. Whatever you do, keep moving!

## FOR FALL:

- **Keep Moving.** Staying fit and active doesn't only mean hard workouts or activities. Take advantage of the cool breeze and enjoy the fall weather by walking or biking instead of driving. Try taking the stairs at work instead of the elevator for added energy. Get off the bus one stop farther away from your office and walk the rest of the way. Take a quick walk during your lunch break to help stay energized after lunch. Exercising your body can make you feel better, feel more confident about yourself, and can help release stress and tension. Add Some Fall Vegetables Into Your Meals
- **Fall is a great time to try new vegetables because there are many choices for you.** Use this season's best by adding vegetables to your meals. Root vegetables such as potatoes, garlic, onions, carrots, and beets, are in season and can add flavor to your food. You can eat them by themselves, as a side dish, or added to any main dish. It is easy to add vegetables into your everyday meals. Try out the recipes in our *Everyday Healthy Meals Cookbook* at: [www.cachampionsforchange.cdph.ca.gov/en/docs/Everyday-Healthy-Meals-Cookbook.pdf](http://www.cachampionsforchange.cdph.ca.gov/en/docs/Everyday-Healthy-Meals-Cookbook.pdf).

## FOR WINTER:

- **Control Your Portions and Sugar Intake.** Holiday cookies, candies, and sweets are all around you so this holiday season keep your cravings in check with portion control. Treat yourself to the one choice you just cannot pass up, but stay in control of your choices. Studies show that when our senses are over stimulated, we tend to overeat. Try sticking to a few healthy, low calorie snack options. Americans on average gain three to five pounds during the holiday season so do not let that be you. Eat a healthy snack or small meal before you attend a party or event. Try snacking on a few mandarin oranges or some broccoli before heading out the door so you will be less likely to fill up on unhealthy foods.

- **Develop Healthy Habits.** With the winter season here, more people are likely to get a cold or flu. In order to avoid getting sick, it is good to start healthy habits. Washing your hands often will help stop the spread of germs. Studies have also shown that a healthy adult needs 8 cups of water each day. As our featured produce of the season, grapefruit and cabbages are great cold-fighters. So be sure to add these fruits and vegetables to your meal. After staying indoors for a while, it is important to go outside and get fresh air. Start the New Year right. Get enough sleep, eat healthy, and get daily physical activity.
- **Kick off a New Exercise Plan for the New Year and a New You.** The holiday season is over, so there is no better time than now to start eating healthy and getting daily physical activity. You don't need to go to a gym to get fit. A pair of athletic shoes and a little drive are all you need. Start off slow so you don't wear yourself out. It is easier to make exercise a habit if you do it every day. All it takes is 30 minutes of physical activity! Pick things you enjoy doing such as biking, running, basketball, dancing, or walking. Any activity is better than none. The key is to set aside time to exercise and make it part of your daily schedule. Remember to drink lots of water to stay hydrated.

## FOR SPRING:

- **Spring into Shape.** Getting fit requires taking baby steps. For many, the first step is the hardest. Once you take that first step to be active, you will start to feel good about your physical health and well-being. If you make small changes each day, you will be on track to meet your goals. Push yourself, but make it fun. Stick to activities that you know and feel good doing. Remember that you want to move at a good speed. A brisk walk will help to clear your mind while you enjoy the spring weather. Don't forget to partner with a friend or family member. You can help each other stay motivated.
- **Spring into a Healthy Diet.** In the spring, there are lots of fresh fruits and vegetables available. So spring is a great time to start healthy eating habits. Try packing strawberries, carrots, or an apple for a tasty snack at work. They will give you the energy you need to get you through the day. Fruits and vegetables are healthier than processed foods. Make sure to eat plenty of green vegetables like spinach. Kick off spring with a healthy start. Visit your local farmers' market and pick up some strawberries and asparagus today. To find a farmers' market in your area, go to [www.cafarmersmarkets.com](http://www.cafarmersmarkets.com).

Source: *California Department of Public Health, Worksite Program Fit Business Tips*

# Produce Tips for the Featured Produce

Choose from the following to fill in the Healthy Tips text box below the image on the calendar in Template 3.

## Apples

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

## Asparagus

- Look for firm, bright green spears with tightly closed tips. Avoid limp asparagus or spears.
- Stand stems up in a container with about one inch of water. Cover loosely with plastic bag. Store in the refrigerator until ready to use.

## Avocados

- Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
- Place unripe avocados in a paper bag for two days at room temperature.
- Store ripe avocados in refrigerator for up to one week.
- Cut lengthwise around the seed, twist open, and remove the seed.
- Rub lemon or lime juice onto cut avocados to avoid browning.

## Beets

- Look for smooth, hard, and round beets that are free of cuts and bruises.
- When possible, choose fresh beets with green tops still attached. The greens should look healthy, not wilted or brown.
- Remove the green tops from beets and store each in separate plastic bags.
- Keep beets in the refrigerator for up to two weeks. Cook the green tops within one to two days.
- Choose low-sodium or no salt added canned beets. Use before expiration date.

## Berries

- Choose fresh blueberries that are plump and have a solid, dark blue color. refrigerate for up to two weeks.
- Choose fresh raspberries that are bright and evenly colored. refrigerate for up to three days.
- Choose fresh blackberries that are dry and shiny, without any green or red colors. refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

## Broccoli

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Keep broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

## Cabbages

- Choose firm cabbage heads that feel heavy and are tightly-packed.
- Store whole or chopped cabbage in a sealed plastic bag in the refrigerator. Use within one week.
- Before use, rinse cabbage thoroughly and remove tough outer leaves. Cut in half and trim core.

## Carrots

- Carrots are always in season. You can find them fresh, frozen, or canned.
- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that feel soft, limp, or wilted.
- Refrigerate carrots in a plastic bag for up to two weeks.
- If you buy fresh carrots with the green tops, break off the tops before refrigerating. You can add the chopped green tops to soups for extra flavor.
- Look for low-sodium varieties of frozen or canned carrots.

## Cooked Greens

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.

## Corn

- Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- Avoid silks that show signs of rot or decay.
- Store fresh corn in a cool location or in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last minute meal ideas.
- When buying canned corn, look for low-sodium varieties.

## Cucumbers

- Look for different varieties of cucumbers like Apple, Lemon, Japanese, Persian, or English.
- Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes.
- Store cucumbers in a cool, dry place for up to one week. Or, keep in the refrigerator for up to five days in a plastic bag.

## Dried Fruit

- Dried fruit is available year round.
- Look for dried fruit sold in bulk quantity.
- Buy dried fruit without added sugar. They are already sweet.
- Store dried fruit in airtight containers to maintain freshness. Keep in a cool, dry location like a cupboard or refrigerator.
- Freeze dried fruit before chopping. They will be less sticky and easier to chop.

## Dry Beans

- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.
- Choose loose, dry beans that have similar size and color.
- Pick low sodium frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

## Grapefruit

- There are three main types of grapefruit: white/yellow, pink, and red.
- Choose grapefruit that have smooth, glossy skin and feel heavy for their size.
- Avoid grapefruit with brown or soft spots.
- Store grapefruit at room temperature for up to one week. Or, store in the refrigerator for over two weeks.

## Grapes

- Look for firm, plump, brightly colored bunches of grapes. Avoid bunches that are shriveled, sticky, have brown spots, or have dry, brittle stems.
- Remove any soft, brown grapes before storing.
- Store fresh grapes in a sealed container or plastic bag for up to 10 days in the refrigerator.
- Just before use, rinse grapes under cool water.

## Green Beans

- Try different types of green beans (e.g., string, snap, Chinese long beans).
- Choose green beans with a bright green color. Make sure the beans are plump and firm with no damage or decay.
- Place green beans in a plastic bag with small holes. Store in the refrigerator for up to five days.
- Wash green beans and snap off (or cut) both ends before cooking.

## Kiwifruit

- Select firm, unblemished fruit. The size of the fruit does not affect taste.
- Press the outside of the fruit with your thumb. If it gives to a little pressure, the kiwi is ripe. If the kiwi feels hard, it's not ready to eat.
- Kiwis will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen kiwis, place in a bag with an apple or a banana. Leave the bag out on the counter for a day or two.

## Mandarins

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat.)
- Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.

## Melons

- Choose cantaloupes with a sweet, fragrant smell and soft dent on stem. They should feel heavy for their size.
- Select honeydews, casabas, and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured, or cracked rinds.
- Store ripe, whole melons on the counter or in the refrigerator for up to two days.
- Refrigerate cut melons in sealed container. Use within three days.

## Oranges

- Look for firm oranges that feel heavy for their size with bright, colorful skin.
- Avoid fruit with bruised, wrinkled, or discolored skin.
- Oranges with thin skin tend to be juicier than those with thick skin.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

## Peaches

- Choose peaches that have a sweet smell and give slightly to gentle pressure.
- Look for fruits with a bright yellow background (not red).
- Place firm peaches in a brown paper bag. Store at room temperature until ripe.
- Store ripe peaches in a plastic bag in the refrigerator for up to five days.

## Pears

- 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.
- Keep 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.

## Peas

- Add frozen or canned green peas to soups, casseroles, and rice.
- Serve fresh snow and sugar snap peas with lowfat dip for a crunchy snack.
- Toss fresh or frozen snow and sugar snap peas with vegetables and chicken strips for a healthy stir-fry.
- Simmer green peas with sliced mushrooms and chicken broth.

## Peppers

- Look for firm peppers that have thick, shiny, smooth skin and green stems.
- Choose sweet peppers with a solid color—green, yellow-orange, or red.
- Choose hot (or “chili”) peppers with a solid color—red, yellow, orange, green, purple, or brown.
- Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days.

## Persimmons

- 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.

## Plums

- Look for plums with solid color—red, purple, black, light green, or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to three days.
- Store ripe plums in the refrigerator for up to five days.

## Potatoes

- Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes with any green coloring.
- Store potatoes in a cool, dark, and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes. When stored properly, potatoes can keep up to five weeks.
- Wash potatoes thoroughly before cooking.

## Pumpkins

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers’ market.

## Root Vegetables

- Select firm jicama that are smooth with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
- Choose small- to medium-sized turnips that are smooth, round, and firm. Store in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.
- Look for rutabagas that are heavy, smooth, round, and firm. Store in a cold, dry place for up to four months or in the refrigerator for one month.

## Salad Greens

- Look for dark green leaves. Choose lettuce heads that are tight and firm.
- Wrap salad greens in slightly damp paper towels. Place in a plastic bag with holes for air. Store in the refrigerator for up to one week.
- Rinse lettuce with cold water. Gently pat dry leaves before using.

## Spinach

- 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.

## Strawberries

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

## Sweet Potatoes

- Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts, or moldy spots. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them.
- At room temperature, sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month or longer.

## Tomatoes

- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.

## Winter Squash

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins, and large seeds.
- Choose squash that are firm, heavy for their size, and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.
- Store uncut winter squash in a dark, cool, dry place. They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Varieties include acorn, banana, butternut, hubbard, kabocha, pumpkin, spaghetti, and turban squash.

## Zucchini

- Choose zucchini that have smooth, shiny skin and feel heavy for their size.
- Look for ripe zucchini that are firm and give slightly to gentle pressure.
- Store whole zucchini in a plastic bag in the refrigerator for up to one week.
- Keep sliced zucchini in a sealed bag or container for up to three days.

# Healthy Serving Ideas and Fun Facts

Choose from the following to fill in the text box below the calendar in Template 3.

## APPLES

### Fun Facts!

- 2,500 apple varieties are grown in the United States.
- The legendary Johnny Appleseed was a real man. He roamed America planting apple trees for nearly 50 years so that people would never go hungry.

### Healthy Serving Ideas

- Dip apple slices into peanut butter for a quick snack.
- Add chopped apples and raisins to your oatmeal. Or, mix them into tuna salad for a healthy lunch.

## ASPARAGUS

### Fun Facts!

- Asparagus comes in green, white, and purple varieties.
- When temperatures reach at least 90°F, an asparagus can grow seven inches in one day.

### Healthy Serving Ideas

- Cook asparagus in a small amount of boiling water until tender.
- Add cooked and chopped asparagus to pasta and salad dishes.

## AVOCADOS

### Fun Facts!

- European sailors once used avocados as butter.
- The avocado is also called the “alligator pear.”

### Healthy Serving Ideas

- Add diced avocados to your favorite salad. Or, serve them with eggs for breakfast.
- Mash avocados and use in place of mayonnaise on sandwiches. Also, use mashed avocados on top of baked potatoes.

## BEETS

### Fun Facts!

- Beets have the highest sugar content of any vegetable.
- Small beets (about a half-inch in diameter) are good for eating raw. Medium and large-sized beets are best for cooking.

### Healthy Serving Ideas

- Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.
- Combine fresh sliced or canned beets with sliced tomatoes and onions for a tasty salad.
- Sauté beet greens with chopped onion and garlic for a healthy side dish.

## BERRIES

### Fun Facts!

- Blueberries are the second most popular berry after strawberries.
- The tayberry, loganberry, and boysenberry are hybrids of blackberries and raspberries.
- There are four colors of raspberries: gold, black, purple, and red.

### Healthy Serving Ideas

- Make healthy banana splits for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and add your favorite berries.
- Add fresh berries to oatmeal, lowfat yogurt, or whole grain cereal.

## BROCCOLI

### Fun Facts!

- Broccoli was first grown in Italy over 2,000 years ago.
- Broccoli is often referred to as the “Crown Jewel of Nutrition” because it is so rich in vitamins and minerals.

### Healthy Serving Ideas

- Boil broccoli in a small amount of water until tender. Serve it with lemon or light cheese as a side dish.
- Mix chopped broccoli with chopped cabbage, shredded carrots, grilled chicken breasts, and a light Sesame dressing for an Asian chicken salad.

## CABBAGE

### Fun Fact!

- There are more than 400 varieties of cabbage. The most common varieties in the United States are green, red (purple), savoy, and Chinese cabbage.

### Healthy Serving Ideas

- Make a “rainbow” coleslaw by using a mix of green and red cabbage.
- Add shredded red cabbage to chicken salad for a colorful dish.

## CARROTS

### Fun Facts!

- Carrots were originally purple, white, and yellow in color.
- The average American eats about 17 pounds of carrots every year.

### Healthy Serving Ideas

- Dip carrot sticks into a light vegetable dip for a tasty snack.
- Boil carrots with potatoes to make sweet mashed potatoes.

## COOKED GREENS

### Fun Facts!

- Bok choy is also called Chinese cabbage. In Chinese, bok choy means “white vegetable.”
- It is a southern tradition in the United States to eat collard greens on New Year’s Day. It is believed to bring wealth in the coming year because the leaves resemble money.
- While cold weather can damage or kill many fruits and vegetables, kale tastes sweeter if it is grown during a frost.
- Kale was so important to Scottish cooking that if someone felt too sick to eat, they were called “off their kale.”
- Swiss chard was first grown in Italy, but a Swiss scientist was the first to name it.

### Healthy Serving Ideas

- Stir-fry bok choy with a variety of colorful vegetables. Serve it over a bed of brown rice.
- Cook collard greens with smoked turkey to add flavor. Do not cook them too long or most of their vitamins will go into the cooking water.
- Sauté chopped collard greens with onions, tomatoes, olive oil, and garlic.
- Try a kale salad with canned sliced beets, chopped carrots, and mandarin slices. Toss kale with a lowfat balsamic vinaigrette.
- Add chopped Swiss chard to soups and stews.
- Sauté Swiss chard with chopped garlic and light olive oil. Serve as a warm side dish.

## CORN

### Fun Fact!

- An average ear of corn has 800 kernels in 16 rows.

### Healthy Serving Ideas

- Cook whole ears of corn on the grill at your next family BBQ.
- Mix corn kernels with rinsed, canned black beans. Add chopped tomatoes, chopped avocado, and a splash of olive oil and balsamic vinegar. Serve the corn and bean mixture in a whole-wheat pita for a light lunch.

## CUCUMBERS

### Fun Fact!

- The inside of a cucumber can be up to 20 degrees cooler than the outside.

### Healthy Serving Ideas

- Serve sliced cucumbers and other sliced vegetables with lowfat dressing for a healthy snack.
- Add sliced cucumbers to your water.

## DRIED FRUIT

### Fun Fact!

- Some fruits can be sundried (grapes, figs), while others must be dried using machines (plums, dates).

### Healthy Serving Ideas

- Make your own trail mix. Combine your favorite dried fruit varieties with almonds, pretzels, or lowfat granola.
- Sprinkle dried fruits over hot and cold cereals. Or, mix it with lowfat yogurt and granola.
- Do not give dried fruits to children under the age of two.

## DRY BEANS

### Fun Facts!

- Although called “peas,” blackeye peas are actually beans. They are also known as “cowpeas.”
- Garbanzo beans are also called “chickpeas” because each bean has a small beak that looks like a chick’s beak.

### Healthy Serving Ideas

- Boil blackeye peas. Then sauté them with chopped onions and bell peppers for a warm side dish.
- Mix a can of low-sodium blackeye peas with a chopped tomato and a chopped mango. Season with cumin and garlic powder. Add in a tablespoon each of vegetable oil, white wine vinegar, and lime juice. Serve with baked chips or grilled chicken.
- Use a variety of dry beans, lentils, smoked turkey, and chopped frozen vegetables to make your own hearty bean soup.

## GRAPEFRUIT

### Fun Facts!

- Grapefruit can be found in white/yellow, pink, and red varieties.
- Grapefruit got its name from a Jamaican farmer who noticed the way it grows in clusters (like grapes) on the tree.

### Healthy Serving Ideas

- Eat half of a grapefruit in the morning with a bowl of whole grain cereal.
- Add peeled grapefruit segments to fruit or spinach salads for a tasty citrus splash. For the best flavor, enjoy grapefruit at room temperature.

## GRAPES

### Fun Facts!

- On average, there are about 100 grapes in a bunch.
- Grapes are one of the oldest fruits dating back about 8,000 years ago.

### Healthy Serving Ideas

- Place rinsed grapes in the freezer, and enjoy later as an icy snack.
- Add grape halves to coleslaw for a sweet twist on an old favorite.

## GREEN BEANS

### Fun Fact!

- Green beans used to have a very thick “string” running along the outer curve of the pod. This led to their nickname “string beans.” In 1894, scientists found a way to grow green beans without the string. Today, nearly all green beans are grown without thick strings.

### Healthy Serving Ideas

- Boil green beans for about 3 minutes. Drain the green beans and sauté with sliced almonds and bell peppers.
- Cut fresh green beans into bite-size pieces. Add to salads and cold pasta dishes. Or, eat it as a snack with lowfat vegetable dip.

## KIWIFRUIT

### Fun Fact!

- Kiwifruit were called “Chinese gooseberries” when they were first brought from China to New Zealand. New Zealand farmers named the fruit after their national bird, the Kiwi, which is also small, brown, and fuzzy.

### Healthy Serving Ideas

- Cut kiwifruit in half. Scoop out the fruit and enjoy.
- Slice or dice kiwifruit and add to your favorite salads or smoothies.

## MANDARINS

### Fun Facts!

- Satsumas were once the most popular mandarin variety, but are now second to Clementines.
- The name “tangerine” is used to refer to a variety of mandarins with a deep, orange-red color.

### Healthy Serving Ideas

- Mandarins are easy to peel and make a great afternoon snack.
- Mix cooked long grain rice with mandarins, crushed pineapple, chopped red onions, chopped cucumbers, and chopped mint for a refreshing side dish.

## MELONS

### Fun Facts!

- Cantaloupe are also called muskmelons. They are known for net-like markings on their skin.
- Watermelons came from Africa. They date back to the ancient Egyptians.

### Healthy Serving Ideas

- Cut melons into wedges. Serve for dessert or a light snack.
- Blend lowfat yogurt, chopped cantaloupe, frozen strawberries, and a banana. Pour it into paper cups and insert plastic spoons. Freeze it for several hours to make light and healthy fruit pops.
- Use diced watermelon in place of tomato in your favorite salsa recipe.
- Blend equal amounts of chopped watermelon and water. Add a splash of lime juice to make a cool Mexican drink called aqua fresca.

## ORANGES

### Fun Facts!

- After chocolate and vanilla, orange is the world’s favorite flavor.
- Navel oranges got their name because the bottom looks like a belly button or navel.

### Healthy Serving Ideas

- Orange wedges make a quick, refreshing snack.
- Mix peeled orange slices with sliced bananas and raisins. Top with lowfat yogurt and a dash of cinnamon for a tasty breakfast.

## PEACHES

### Fun Facts!

- The peach is part of the rose family. It is the state fruit of South Carolina and the state flower of Delaware. Georgia is nicknamed “The Peach State.”
- Nectarines are actually a type of peach without the fuzz.
- California grows more than 175 different varieties of nectarines. Each variety has its own unique color and flavor.

### Healthy Serving Ideas

- Blend fresh or frozen nectarines with lowfat frozen yogurt for a dessert smoothie.
- Add sliced peaches or nectarines to green salads.
- Spread all-natural peanut butter in a whole wheat pita. Stuff with sliced peaches and bananas for an on-the-go snack.

## PEARS

### Fun Facts!

- There are more than 3,000 varieties of pears worldwide. They come in many colors including red, yellow, green, and brown.
- Pears are the second most popular fruit in the United States. (Apples are the most popular.)

### Healthy Serving Ideas

- Cut a pear in half and remove the core. Fill the centers with lowfat yogurt, sprinkle with raisins and enjoy.
- Add sliced pears, dried cranberries, and shredded carrots to spinach for a colorful salad. Top with grilled chicken breast and lowfat salad dressing for a healthy meal.

## PEAS

### Fun Fact!

- There are two kinds of peas: green peas and edible-pod peas. Green peas are also called shelling, garden, and English peas. Edible-pod peas include sugar snap and snow peas.

### Healthy Serving Ideas

- Dip snow and sugar snap peas into lowfat vegetable dip for an afternoon snack.
- Add frozen peas to stews, casseroles, stir-fries, or pasta dishes.

## PEPPERS

### Fun Facts!

- Green and red bell peppers come from the same plant. As bell peppers grow, their color changes from green to red. That’s why red bell peppers are sweeter than green ones – they’re riper!
- Columbus first found chili peppers growing in Latin America in 1492. He named them “peppers” because he thought they were black peppercorns from India.

### Healthy Serving Ideas

- Add sautéed bell pepper slices to chicken dishes. Or, add them to your favorite egg dishes for breakfast.
- Chop fresh bell peppers and add to your favorite salads or pasta sauces.
- Put whole chili peppers on a nonstick baking sheet. Roast in a preheated oven at 450° for 4-5 minutes. Use them in enchiladas, tacos, burritos, and quesadillas.
- Add sliced chili peppers to homemade vegetable pizza for a spicy kick.

## PERSIMMONS

### Fun Fact!

- There are two kinds of persimmons. Fuyu persimmons are sweet, shaped like a pumpkin, and can be eaten fresh. Fresh Hachiya persimmons are tart, shaped like an acorn, and are usually cooked to eat.

### Healthy Serving Ideas

- Use chopped Fuyu persimmons in place of tomatoes in your favorite salsa recipe. It makes a sweet salsa snack.
- Add Fuyu slices to spinach salads and stir-fries.
- Enjoy a whole Fuyu persimmon by eating it like an apple.

## PLUMS

### Fun Facts!

- There are more than 140 types of plums sold in the United States.
- Most types have yellow or red flesh. The skin can be red, yellow, green, or purple.

### Healthy Serving Ideas

- Enjoy plums as snacks and for dessert – just wash and eat!
- Add chopped plums to fruit salads.

## POTATOES

### Fun Facts!

- Potato skins can be brown, yellow, red, or purple. The flesh may be white, yellow, or purple.
- The potato was the first vegetable to be grown in outer space.

### Healthy Serving Ideas

- Poke holes in a medium potato and microwave for 7 to 9 minutes. Split the potato open and add mashed avocado instead of butter.
- Boil potatoes and chopped carrots. Mash with a small amount of low-sodium chicken broth to make colorful mashed potatoes.

## PUMPKINS

### Fun Facts!

- Pumpkins are 90% water.
- The pumpkin is the state fruit of New Hampshire.
- Pumpkins can range in size from less than one pound to over 1,000 pounds. The largest known pumpkin weighed over 1,140 pounds.

### Healthy Serving Ideas

- Mix cubed pumpkin with light olive oil. Roast cubed pumpkin in oven at 400 F until tender. Enjoy warm.
- Use canned pumpkin to make tasty breads and muffins. Add raisins or chopped nuts for more flavor.

## ROOT VEGETABLES

### Fun Facts!

- Jicama is also known as Mexican potato or Mexican turnip.
- The flesh of jicama is made up of nearly 90 percent water.
- Before the potato arrived in Europe, parsnips were used in dishes that are now made with potatoes.

### **Healthy Serving Ideas**

- Always peel jicama before eating. Sprinkle sliced jicama with lime juice and chili powder for a light snack.
- Add jicama strips to your favorite vegetable stir-fry. Or, toss it into a salad for some extra crunch.
- Boil sliced parsnips and potatoes for about 10 minutes until tender.
- Drain water and mash with low-sodium chicken broth. Enjoy these sweet and savory mashed potatoes.
- Sprinkle cubed parsnips with ginger, cinnamon, or nutmeg. Bake in a covered dish at 350°F for 20 to 30 minutes for a tasty side dish.

## **SALAD GREENS**

### **Fun Facts!**

- Lettuce is the second most popular vegetable in the United States.
- Dark leaves (like romaine and green leaf) have more nutrients than lighter color leaves (like iceberg).

### **Healthy Serving Ideas**

- Make a large salad using two or three different lettuce varieties. Add color to the salad with sliced carrots, apples, corn, or peppers.
- Add lettuce to turkey sandwiches – use dark green leaves.

## **SPINACH**

### **Fun Facts!**

- Spinach was the first frozen vegetable to be sold in grocery stores.
- Spinach shrinks a lot when cooked! One cup of fresh spinach makes about ¼ cup of cooked spinach.

### **Healthy Serving Ideas**

- Toss spinach with fresh fruit – like berries, apples, or mandarin orange slices. Add nuts and a light vinaigrette dressing for a tasty salad.
- Stir-fry spinach with brown rice, garlic, onion, and chopped red bell peppers for a colorful side dish.

## **STRAWBERRIES**

### **Fun Facts!**

- On average, there are about 200 seeds on each strawberry.
- Healthy Serving Ideas
- Add sliced strawberries to spinach salad for a sweet side dish.
  - Top your cereal or oatmeal with sliced strawberries for a healthy start to your day.

### **Healthy Serving Ideas**

- Add sliced strawberries to spinach salad for a sweet side dish.
- Top your cereal or oatmeal with sliced strawberries for a healthy start to your day.

## **SWEET POTATOES**

### **Fun Facts!**

- Sweet potatoes are roots (like carrots) that came from South America.
- Yams are tubers (like potatoes) that came from West Africa. True yams are not commonly found in the United States.

### **Healthy Serving Ideas**

- Enjoy a batch of sweet potato fries. Dip strips of sweet potatoes in egg substitute. Bake on a lightly oiled pan at 425°F for 25 to 30 minutes.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

## **TOMATOES**

### **Fun Fact!**

- In 1893, the U.S. Supreme Court declared the tomato to be a vegetable. But it is actually a berry.

### **Healthy Serving Ideas**

- Use fresh or canned tomatoes in soups, stews, and chili for a great taste.
- Add fresh tomatoes to everyday foods like sandwiches and salads.

## **WINTER SQUASH**

### **Fun Facts!**

- Butternut squash is also known as the African Bell. It can be used in place of pumpkin in any recipe.
- Acorn squash is named for its acorn-like shape. It comes in a variety of colors—dark green, tan, yellow, and orange.

### **Healthy Serving Ideas**

- Cut acorn squash in half and remove seeds. Cover squash with plastic wrap and microwave on high for 5 minutes. Sauté one chopped apple with cinnamon, nutmeg, and a sprinkle of brown sugar. Fill cooked squash halves with apple mixture. Bake for 10 minutes at 400°F.
- Slice an acorn squash across the middle to create four rings. Remove the seeds. Sprinkle rings with sage and thyme and bake at 400°F.
- Sprinkle butternut squash cubes with nutmeg and sage. Roast in oven at 400°F for 25 to 30 minutes.
- Bake butternut squash halves. Then, mash them for a sweet side dish.

## **ZUCCHINI**

### **Fun Facts!**

- Zucchini is a type of summer squash that looks like a cucumber.
- Summer squash have thin skins you can eat, unlike the thick skins of winter squash that you can't eat.

### **Healthy Serving Ideas**

- Sauté zucchini strips with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.
- Enjoy sliced zucchini, cherry tomatoes, and carrot sticks with lowfat vegetable dip for a summer appetizer.

# Eat Healthy & Get Moving in the Worksite

Choose from the following to fill in the right sidebar on the calendar in Template 3.

## Healthy Eating Tips:

- Make half your plate fruits and vegetables. Choose more whole grains and lean meats and beans in smaller serving sizes. Include fat-free or lowfat dairy such as milk, cheese, and yogurt with meals.
- Eat plenty of fruits and vegetables. This may lower your risk for heart disease, obesity, type 2 diabetes, and some types of cancers.
- Use a tracking tool. It can help you plan and track your diet and physical activity. Visit [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov) to get started.
- Serve tasty fruits and vegetables during meetings to keep workers alert and productive. Try the following:
  - Whole, fresh fruits like apples, oranges, nectarines, plums, and pears.
  - Bite-size fruits and vegetables like grapes, cherries, baby carrots, cherry tomatoes, and chopped broccoli.
  - Fruit cups and dried fruits. They can provide a tasty treat when refrigeration is not available.
  - Cut-up fresh vegetables, like celery, yellow squash, and bell peppers. Serve with lowfat dip.
  - 100% fruit and vegetable juices. They're a refreshing break from sugary drinks.
- Support healthy eating at work by offering:
  - Beverages like water, 100% fruit and vegetable juices, and coffee or tea.
  - Fat free, lowfat, or low-calorie condiments like salsa, mustard, hummus and salad dressings.
  - Lean meats, poultry, or fish served in small portions.
  - Lowfat or low-calorie desserts like angel food cake or fruit sherbet.
  - Whole wheat breads, bagels, rolls, and muffins, brown rice, or whole grain cereals.
  - Foods low in sodium like unsalted pretzels and air-popped popcorn.
  - Smaller portions such as whole grain mini-muffins and mini-bagels.
- Avoid candy bars and enjoy an apple or baby carrots for a healthy afternoon snack. It will help you feel full and energized – and you won't have the sugar "crash" afterwards.
- Skip the chips and other salty, high fat snacks in the vending machine. Pick dried fruits or a whole grain granola bar.
- Rethink your high-calorie coffee drink or soda for a mid-morning "pick-me-up." They have a lot of calories but little nutrition. Instead, try drinking ice cold water with lemon or other crushed fruit. Or, mix sparkling water with 100% juice for a refreshing fruit spritzer.
- Fruits make great snacks, salads, and desserts. Enjoy fresh, frozen, canned, and dried fruit more than juice.
- Add fresh, frozen, or canned vegetables to your meals and snacks. Beans and peas are a good source of fiber and can be added to soups, salads, or even served as a side dish.
- Ask your manager about ordering fresh fruits and vegetables for your worksite. These healthy snacks can be delivered to your worksite. Look into a Community Supported Agriculture (CSA) Program. The cost is about \$20 per week. This can be split between management and employees.
- Talk to your employer about offering a healthy dining menu at your workplace. It can be profitable, and will benefit your health.
- Talk to your employer about offering healthy choices in vending machines. There are food and beverage standards that your business can use. To learn about these standards, visit: [www.takeactionca.cdph.ca.gov/docs/fit-business-kit-tools/BRO-155\\_FEB\\_2008FINAL.pdf](http://www.takeactionca.cdph.ca.gov/docs/fit-business-kit-tools/BRO-155_FEB_2008FINAL.pdf).

- Organize a healthy lunch club with workers. Make a commitment to bringing healthy lunches and eating together. You can share recipes and serving ideas with each other. Once a month, you can even hold a potluck where everyone brings one healthy dish to share. For healthy recipes, visit: [www.cachampionsforchange.cdph.ca.gov/en/Recipes.php](http://www.cachampionsforchange.cdph.ca.gov/en/Recipes.php).

For more helpful resources and tips, visit:

[www.takeactionca.cdph.ca.gov/california-fit-business-kit-tools.asp#tool1](http://www.takeactionca.cdph.ca.gov/california-fit-business-kit-tools.asp#tool1).

## Physical Activity Tips:

- Physical activity can:
  - Give you more energy.
  - Lower stress and help you relax.
  - Help you get to and keep a healthy body weight.
  - Lower your risk of types 2 diabetes, high blood pressure, heart disease, and some types of cancer.
  - Help build and keep healthy bones, muscles, and joints.
  - Help you concentrate better at work.
- Adults need at least 30 minutes of aerobic physical activity, five days a week. It should be at a moderate level.
- Try one of these fun and healthy activities:
  - Go for a bike ride.
  - Work in the garden.
  - Dance.
- A physical activity break can be 10 minutes long. Be sure it gets the muscles warm and the heart pumping.
- In a meeting that lasts longer than one hour? Suggest everyone take a 5 to 10 minute activity break during the meeting. It can help keep people alert and motivated. Here are some ideas:
  - Slowly stretch neck, shoulders, arms, hands, back, legs, and feet – avoid bouncing and jerky movements.
  - Move arms, head, and torso in circles.
  - Lead a brisk walk around the room, inside of the building, or outside. Consider including stairs, if available.
  - March in place or dance to a song.
- Physical activity breaks can take place anywhere. Try inside your work space, in a meeting room, outside your building, or even in your chair.
- Organize a walking group with other employees. Take 30 minutes during your lunch break to walk together. Walking with others will help keep you motivated.
- Use a 10-minute work break to walk up and down stairs to get your heart pumping.
- Gather a team together for an after-work softball, soccer, basketball, or bowling league. It's fun, entertaining, and a great way to bond with other workers.
- Sitting for long periods of time at your desk? Set a timer for every hour. Alternate between doing squats, jumping jacks, lunges, and arm curls. It will help break up your day and keep you moving.
- Make a plan to walk or ride your bike to work at least once a week. Try to work up to doing it two to three days per week, especially when the weather is nice.
- Feeling stressed? Try doing some yoga stretches at your desk or in a quiet room. Taking 10 minutes to practice mindful breathing and stretching can help you relax and re-focus.
- Get off the bus one stop early and walk the rest of the way to work. Or, park your car farther away from your building and walk into work.
- Pass on the coffee break and go for a brisk 10-minute walk. Invite a friend to go with you.
- Participate in Take Action! It's a free, 10-week, worksite wellness program. It encourages employees to set healthy goals. Employees can work in teams to meet their goals. To learn more, visit: [www.takeactionca.cdph.ca.gov/docs/fit-business-kit-tools/BRO-158\\_FEB\\_2008FINAL.pdf](http://www.takeactionca.cdph.ca.gov/docs/fit-business-kit-tools/BRO-158_FEB_2008FINAL.pdf).

# Rethink Your Drink

Choose from the following to fill in information in the text box on the right of the calendar in Template 3.

- Drink water instead of sugar-sweetened beverages, such as sodas, energy drinks, and fruit drinks.
- Choose from a variety of healthy drink options, such as water, 1% milk, fat-free milk, 100% fruit juice or unsweetened tea over sugar-sweetened beverages.
- Use the Nutrition Facts label to choose foods and beverages with less total sugars.
- Use the ingredients list to choose foods and beverages with little or no added sugars.
- Serve water, non-fat, or lowfat 1% milk at meals and snack times.
- Reward kids with non-food items.
- Be a role model – drink water instead of sugar sweetened beverages.
- Make water, lowfat, or fat-free milk or 100% juice an easy option in your home.
- How much water is enough? Let your thirst be your guide – everyone’s needs are different.
- Water is usually easiest on the wallet. You can often save money by drinking water from the tap at home or when eating out.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Offer water, 100% juice, or fat-free milk when kids are thirsty.

Source: *Rethink Your Drink, Network for a Healthy California*, 2013.

## Suggested Dates and Events

At the time this calendar was assembled, the dates for some days, weeks, and celebrations of nutrition and fitness were yet to be determined for 2013-2014. In these cases, the dates are listed below as “TBD.” When putting together your calendar, we encourage you to search for these dates to see if there is any up-to-date information on when to celebrate them.

### September 2013

- Better Breakfast Month
  - Kids who eat breakfast miss few school days and are more physically active. A good breakfast can also mean higher creativity and better performance in school. (from [www.betterbreakfast.org](http://www.betterbreakfast.org))
- Hispanic Heritage Month (September 15 – October 15)
- 2: Labor Day
- 4: First Day of Rosh Hashanah (begins at sundown)
- 8: Grandparents’ Day
- 13: Yom Kippur (begins at sundown)
- 15-21: National Farm Safety and Health Week
- 22: Autumn Begins
- 25: National Women’s Health and Fitness Day
- 27: Native American Day
- 28: Family Health and Fitness Day
- 29: World Heart Day

### October 2013

- National Eat Better, Eat Together Month
  - This month is all about celebrating healthy, family meals.  
Take the time out to plan meals and enjoy them as a family. When adults and children eat together:
    - Children do better in school
    - Communication between children and adults improves
    - Traditions are created around food and meals and
    - Meals are more nutritious and healthful! (courtesy of [nutrition.wsu.edu](http://nutrition.wsu.edu))
- Vegetarian Awareness Month
- 6: Child Health Day
- 3: Walk to School Day
- 13: Hajj Begins
- 14: Columbus Day
- 14: Eid al-Adha Begins
- TBD: National School Lunch Week
- 16: World Food Day
- 31: Halloween

## November 2013

- Good Nutrition Month
- 1: All saints Day
- 3: Daylight Savings Time Ends
- 3: Diwali: Festival of Lights
- 5: Election Day
- 11: Veterans Day
- 20: Children's Day
- 27: Hannukah (begins at sundown)
- 28: Thanksgiving

## December 2013

- 7: Pearl Harbor Day
- 21: Winter Begins
- 24: Christmas Eve
- 25: Christmas
- 26: First Day of Kwanzaa (ends January 1st)
- 31: New Year's Eve

## January 2014

- 1: New Years Day
- 19-26: Healthy Weight Week
- 20: Martin Luther King Jr.'s Birthday (observed)

## February 2014

- American Heart Month
  - This American Heart month, learn how heart disease can be prevented. Get your family to:
    - Get up and get active by exercising for 30 minutes on most days of the week
    - Eat a heart healthy diet of fresh fruits and vegetables  
(courtesy of [millionhearts.hhs.gov](http://millionhearts.hhs.gov))
- Black History Month
- 2: Groundhog's Day
- 12: Lincoln's Birthday
- 14: Valentine's Day
- 17: President's Day (observed)
- 22: Washington's Birthday

## March 2014

- National Nutrition Month
  - National Nutrition Month is all about making healthy habits and decisions. Start by getting your plate in shape. At each meal try to:
    - Make half your plate fruits and vegetables.
    - Make at least half your grains whole.
    - Vary your protein choices.
    - Be physically active in whatever way you like most. (courtesy of [www.eatright.org](http://www.eatright.org))
- Women's History Month
- TBD: National School Breakfast Week
- TBD: National Agriculture Day
- 15: Purim (begins at sundown)
- 17: St. Patrick's Day
- 20: First Day of Spring
- TBD (3rd week of March): California Agriculture Day
- TBD: American Diabetes Alert Day
- 31: Cesar Chavez Day

## April 2014

- National Garden Month
- Community Service Month
- Earth Month
- 1: April Fool's Day
- TBD: National Public Health Week
- 7: World Health Day
- 14: Passover Begins
- 20: Easter
- 22: Earth Day
- 25: Arbor Day
- TBD: National Senior Health and Fitness Day
- TBD: Screen Free Week

## May 2014

- Physical Fitness and Sports Month
- 5: Cinco de Mayo
- TBD (2nd Week in May): National American Occupational Safety and Health Week
- TBD (2nd Week in May): National Women's Health Week
- 11: Mother's Day
- 15: International Family Day
- 26: Memorial Day

## June 2014

- National Fresh Fruits and Vegetables Month
- 1: International Children's Day
- 9-15: National Men's Health Week
- 14: Flag Day
- 15: Father's Day
- 28: Ramadan Begins
- 20: First Day of Summer

## July 2014

- National Picnic Month
- Recreation and Parks Month
- 4: Independence Day
- 27: Ramadan Ends

## August 2014

- TBD National Farmer's Market Week