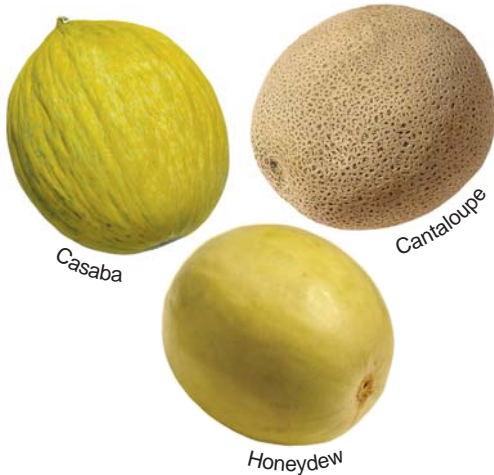


Harvest of the Month



Network for a Healthy California
July

The Harvest of the Month featured fruit is **melons**



Helping Your Child Eat Healthy

- Slice and eat melons as a refreshing snack or side dish at meals.
- Serve sliced or chopped melons with lowfat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Add a colorful variety of melons to meals to help maintain good vision and strengthen the immune system.
- Melons are in the red (e.g., watermelon), yellow/orange (e.g., cantaloupe, casaba), and green (e.g., honeydew, Crenshaw) color groups.

Health and Learning Success Go Hand-in-Hand

California farmers' markets are at their peak during summer. These local markets provide a bounty of fresh fruits and vegetables at low prices. Eating a variety of colorful fruits and vegetables each day can provide your family with the nutrients they need to grow and develop healthy bodies and minds.

Harvest of the Month can help you learn how to eat healthy and be physically active every day.

ICY FRUIT POPS

Ingredients: (Makes 4 pops)

- 2 cups melon, cubed**
- 1 cup 100% orange juice**
- 4 (8-ounce) paper cups**
- 4 plastic spoons (or craft sticks)**

1. Combine melons and orange juice in blender. Blend until smooth.
2. Pour into paper cups.
3. Freeze until thick and slushy (about one hour). Insert spoon, handle up, into cup.
4. Freeze until solid (at least two hours).
5. To eat, remove from freezer and let sit 10 minutes. Peel paper cup off and enjoy.

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2008.

For more ideas, visit: www.cachampionsforchange.net

Let's Get Physical!

- Watch the sun rise or set by taking a family walk.
- Walk, skate or ride bikes to local farmers' markets. Bring your own bags to carry your groceries.
- Take a dip — visit a local community pool, park or lake and go for a swim.
- Be sun-safe. Wear sunscreen and a hat when outdoors.
- Stay hydrated on warm days by drinking lots of water.

Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)

Amount per Serving

Calories 27 Calories from Fat 1
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 3%

Sugars 6g

Protein 1g

Vitamin A 54% Calcium 1%

Vitamin C 49% Iron 1%

Source: www.nutritiondata.com

Produce Tips

- Select cantaloupes with a sweet, fragrant smell and soft dent on stem.
- Select honeydew, casabas and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured or cracked rinds.
- Store whole melons on counter and eat within two days.
- Wash melons before cutting. Remove pulp from rind and discard seeds.*
- Refrigerate cut melons in sealed container. Use within three days.

*Does not apply to watermelons.

How Much Do I Need?

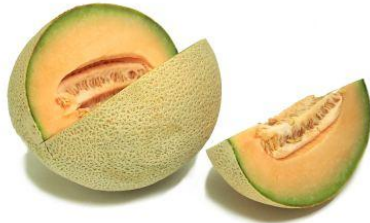
A serving of melons is one-half cup cubed melon. This is about one cupped handful. Remember to eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

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





Lub Hlis Sau Qoob

Sib Koom Tes Cob Tsoom Neeg Nyob Kas Lis Faus Nias Kom Muaj Kev Nyob Hauj Zas Khoom noj ntawm Lub Hli Sau Qoob no yog tham txog **Dib Pag**

Kev Nyob Hauj Zas thiab Kev Kawm Txuj Yuav Tsum Zoo Sib Nrawg Nroos

Lub caij ntuj sov no yog lub caij cov tub qoob tub loo hauv xeev California muaj qoob loo muag ntau tshaj plaws. Txhua txhua lub khw muaj txiv hmab txiv ntoo los sis zaub de tshiab tshiab los thiab muag pheej yig heev. Yog xyaum noj ntau yam txiv hmab txiv ntoo thiab zaub sib txawv kob yuav pab tau koj tsev neeg loj hlob khov kho thiab pab rau lub cim xeeb zoo dua. Daim ntawv **Lub Hlis Sau Qoob (Harvest of the Month)** qhia kom koj txawj ua tej khoom zoo noj thiab nquag plias mus hom khaj txhua txhua hnuv pab lub cev.

Xyaum Ua Tej Yam Zoo Noj Thiaj Pab Tau Me Nyuam Lub Cev.

- Chais dib pag ua tej daim noj txom ncauj los sis noj rau thaum caij noj mov tas.
- Muab dib pag chais ua tej daim los sis txhoov tej nplais do xyaw cov yogurt los sis do xyaw cottage cheese noj.
- Muab dib pag kaus ua tej lub kheej kheej noj.
- Muab cov dib pag kaus tau kheej kheej ntawd tso rau hauv freezer kom nkoog tau noj txom ncauj rau tej hnuv sov sov.
- Sib tim ntau hom dib pag uas muaj ntau hom kob (xim) yuav pab rau kom ntxim qab thiaj xav noj.
- Muaj ntau hom dib noj li cov dib liab, cov dib pag daim tawv daj txho hu ua (cantaloupe), dib pag taub daj (casaba), dib pag dawb cov lub plawv ntsuab lim liaj (honeydew), thiab dib pag ntsuab tawv hu (Crenshaw).

Siv Lub Cev Ua Hauj Lwm Txaus Thiaj Hauj Zas !

- Coj tsev neeg mus taug kev ua si saib lub hnuv tawm thiab saib lub hnuv poob.
- Taug kev, caij skate los sis caij tshab kauj vab mus ncig yuav khoom ntawm cov khw tub qoob tub loo uas nyob ib cheeb tsam ze. Npaj nqa hnav mus ntim tej khoom koj yuav.
- Taug kev nce toj nqis hav — mus ncig saib tej pas dej(pool)hauv zej zog, chaw ua si (park) los yog pas dej loj (lake) da dej ua luam dej ua si.
- Txhob cia raug tshav ntuj ziab. Hnav ris tsho ntev roos tshav thiab ntoo kaus mom thaum tawm rooj.
- Yuav kom lub cev txhob qhuav rau tej hnuv uas kub kub thiab sov yuav tsum tau haus dej kom ntau ntau.

Qhia Xaiv Thiab Khaws Cia

- Xaiv lub dib pag daj uas ntxim qab, tsw qab zib ntxiag thiab lub qia zooj nyoos.
- Xaiv yuav cov dib pag dawb, cov dib pag taub daj (casaba) thiab cov dib liab uas nqa hynav ncauv thiab khob nrov khoob saub lug xwb.
- Txhob yuav lub dib pag uas ntsws los caws, to los sis tawg pleb lawm.
- Khaws tej dib pag cia rau saum rooj thiab yuav tsum muab phua noj thaj tsam li ob hnuv ntawd.
- Ntxuav lub dib ua ntej muab phua. Kaus tus hlwb thiab cov noob pov tseg.*
- Muab tej dib pag uas phua lawm ntim rau cov tais muaj hau kaw es muab cia hauv tub yees. Yuav tsum muab noj ua ntej peb hnuv kom tas

* Tsis hais txog cov dib liab(dib dej).

Yuav noj npaum li cas thiaj txaus lub cev?

Ib zaug tsuas yog noj dib pag txhoov li ib nrab khob los sis 1 khob puv nkaus xwb. Nco qab ntsoov noj ntau yam txiv hmab txiv ntoo thiab ntau yam zaub uas muaj kob (xim) sib txawv txhua txhua hnuv thiaj li txaus yus lub cev

Cov Me Nyuam Yaus Hnuv Nyooog 5-12 xyoos	Cov Hluas Hnuv Nyooog 13-18 xyoos	Cov Laus Uas Hnuv Nyooog 19+ xyoos Rov Saud
2 ½ -5	3 ½ - 6 ½	3 ½ - 6 ½
Khob ib hnuv	khob ib hnuv	khob ib hnuv

* Yog tias koj nquag nquag ua ub ua no, ces ib hnuv twg noj ntau khob dua li qhia saud toj no.

Mus saib hauv www.mypyramid.gov kawm ntxiv.