

ATTENTION PARENTS!!!

Durham County Health Dept,
Nutrition Division, 919-560-7791, Funded
by USDA's Food Stamp Program, Equal Opportunity Provider

Fruits and Veggies... MORE MATTERS!

www.fruitsandveggiesmorematters.org

COLOR CODE

Green	Helps protect us from some types of cancer. (Broccoli)
Yellow/Orange	Keeps our eyes and skin healthy. (Carrot, orange)
Red	Keeps our hearts healthy. (Watermelon)
Blue/Purple	Helps our memory. (Blueberry)
White	Helps our bodies fight off germs. (Onion)

Storing fruits and veggies:

- Fresh fruits and veggies are each stored a little differently. To be safe, it is best to eat fresh fruits and veggies within a few days of purchase.
- Frozen produce should be stored below 0 degrees and will last about 6 months.
- Canned foods will stay good for about two years, in general. However it is good to check the dates on the cans.
- If dried produce is stored in a cool, dry, dark place, it can last up to 1 year. It is important to check them often periodically and get rid of any that mold.

Your School Nutritionists have been teaching your children about the importance of eating a variety of fruits and vegetables. We have challenged our students to eat a rainbow of foods from the fruit and vegetable food group. Now we need you to help your children accomplish this!

Eating a balanced diet with a variety of fruits and vegetables can help prevent your children (and you!) from developing chronic diseases later in life. All fruits and vegetables are high in vitamins and minerals. However, since different foods have different vitamins and minerals that are good for us, variety is key! By helping your children eat a wide range of fruits and vegetables you are helping them to grow up strong and healthy. Key nutrients that are in most fruits and

vegetables are: fiber, magnesium, potassium, folate, iron, vitamin A and vitamin C, plus many many more!

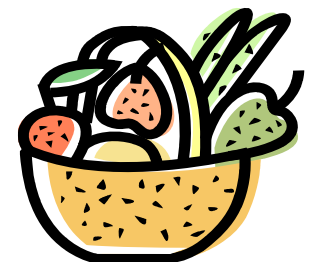
Fruits and vegetables come in many forms; they don't always have to be fresh. Frozen, canned, or dried fruits and veggies or 100% juice, are also fine. Each source counts as a serving. When using fruits & veggies, look for ones that are in season because they are fresh, and often the least expensive. Locally grown produce is usually the freshest!

You may know that fruits and vegetables are good for you and your children, but getting children to try a variety may be a challenge. Try involving your children in shopping, planning and preparing the meals. This helps to educate them on the process of preparing a meal as well as making

healthy choices.

The website: www.fruitsandveggiesmorematters.org has a supermarket scavenger hunt that you can do with your children to help them learn about choosing healthy foods at the grocery store (you may even learn something too!).

Remember, fruits and vegetables are essential to help your children grow up to be strong and healthy and less likely to develop chronic diseases. Eating a rainbow of fruits and vegetables will ensure that your children are getting the best variety of vitamins and minerals.



RECIPE: APPLE, POTATO AND ONION HASH

INGREDIENTS:

2 large Idaho potatoes
2 tablespoons olive oil or canola oil
2 tablespoons butter
2 small, soft apples, such as McIntosh, chopped
1 small onion, chopped
Salt and pepper

PROCEDURE:

Prick potatoes several times with a fork and microwave on high for 10-12 minutes. Let cool until you can handle them and then chop.
Heat a non-stick skillet over medium high heat with oil and butter. Add apples and onions.

Cook for 5 minutes, add potatoes and season with salt and pepper, to taste.

Crisp and brown potatoes, apples and onions 5 minutes more, then serve.

Total cook time: 22 minutes