

Harvest of the Month



Network for a Healthy California

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Agenda

- **Overview of Harvest of the Month (HOTM)**
- **Review of HOTM Resources**
- **Discussion questions**
- **HOTM taste testing activity**
- **Reflections**



Healthy Children Make Better Learners!

Eating fruits and vegetables and being physically active are crucial components for creating a healthy child.

- Increased concentration
- Improved math, reading, and writing test scores
- Reduced susceptibility to stress
- Reduced disruptive behaviors
- Fewer absences due to illness

Sources:

Sallis, JF, et al. (1999). *Res Q Exerc Sport*, 70(2), 127-134;

Shepard, RJ (1999). *Pediatr Exerc Sci*, 9, 113-126;

Symons (1997). *JOSH*, 67(b).



What was your most memorable/meaningful learning experience as a child?



Educator Newsletter

Harvest of the Month

Network for a Healthy California



Nutrition Facts

Serving Size: 1 medium apple (154g)	
Calories 80	
	Calories from Fat 2
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 18g	
Protein 0g	
Vitamin A 2%	Vitamin C 12%
Calcium 1%	Iron 1%

Source: www.nutritiondata.com

APPLES
September

Health and Learning Success Go Hand-in-Hand

Research shows that proper nutritional support and regular physical activity translate to improved academic performance and classroom behavior. **Harvest of the Month** connects with core curricula to give students the chance to explore, taste and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home and community to motivate and support students to make healthy food choices and be physically active every day.

Taste Testing with California Apples

Taste testing activities allow students to experience the featured produce with their senses, engaging them in the learning process and creating increased interest, awareness and support for increasing consumption of fruits and vegetables.

Tools:

- Variety of quartered apples* (refer to *Home Grown Facts* on page 2 for varieties)
- One apple variety per every four students
- Graph paper and colored pencils

*To prevent browning, keep quartered apples in 100 percent apple juice until start of activity

Activity:

- Observe, touch, smell and taste each apple variety
- Develop a color graph using appearance, texture, smell, flavor and sound
- Compare and contrast the varieties

For more ideas, reference:

School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39-42.

Cooking in Class: Apple Yogurt Trifle

Ingredients:

- Makes 32 tastes at ¼ cup each
- 4 Granny Smith apples, cored and finely chopped
- 8 (8-ounce) containers lowfat cherry yogurt
- 3 cups Grape-Nuts cereal
- Small paper cups

Evenly divide four of the yogurt containers and half of the chopped apple pieces among cups to provide each student with a taste. Add two tablespoons of Grape-Nuts to each cup, then top evenly with layers of remaining yogurt, chopped apple and a sprinkle of Grape-Nuts. Refrigerate at least 15-20 minutes before serving to allow cereal to soften.

Adapted from:

www.bestapples.com/recipes

For more ideas, reference:

Kids Cook Farm-Fresh Food, CDE, 2002.

September Events

- National Apple Month
- National Family Health and Fitness Day

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Apples can be red, yellow or green.

Red fruits and vegetables help maintain a healthy heart, memory function and urinary tract health. They may also lower the risk of some cancers. Examples include red apples, red peppers, beets, tomatoes, red grapes and pomegranates.

Yellow/orange fruits and vegetables help maintain a healthy heart, vision health and a healthy immune system. They may also lower the risk of some cancers. Examples include yellow apples, apricots, oranges, sweet potatoes and pumpkins.

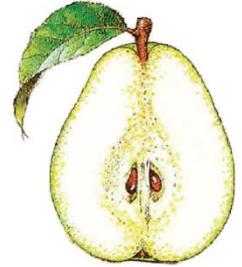
Green fruits and vegetables help maintain vision health and strong bones and teeth. They may also lower the risk of some cancers. Examples include green apples, green grapes, kiwifruit, artichokes, avocados and green beans.

For more information, visit:

www.fruitsandveggiesmatter.gov
www.harvestofthemonth.com



Exploring the Educator Newsletter



Review sections:

- **Reasons to Eat Pears and Nutrition Facts labels**
- **Student Sleuths**
- **How Do Pears Grow, Botanical Facts, Just the facts**
- **Student Advocates & Adventurous Activities**



Going Beyond the Classroom

Cafeteria



Classroom

Community



Menu Slicks

Harvest of the Month

Network for a Healthy California



SPINACH March

Spinach Activities

Circle all of the meals on the menu that contain spinach.

- How many meals did you find?
- How many different ways is spinach served?
- Does your school salad bar offer spinach?

MORE SERIOUS SPINACH FUN!

Fruits and Vegetables from A to Z

List a fruit or vegetable for each letter of the alphabet.

- | | |
|---------|---------------------|
| A _____ | N _____ |
| B _____ | O _____ |
| C _____ | P _____ |
| D _____ | Q _____ |
| E _____ | R _____ |
| F _____ | S _____ |
| G _____ | T _____ |
| H _____ | U _____ |
| I _____ | V <u>free space</u> |
| J _____ | W _____ |
| K _____ | X <u>free space</u> |
| L _____ | Y _____ |
| M _____ | Z _____ |



Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)	
Calories 7	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 50%	Calcium 3%
Vitamin C 14%	Iron 5%

Source: www.nutritiondata.com

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Spinach is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include spinach, broccoli, artichoke, asparagus, peas, green cabbage, collard greens, cucumbers, leeks, watercress, kiwis, green apples, green grapes and honeydew melon.

What is a Serving?

A serving of raw spinach is one cup, or about two cupped handfuls. A serving of cooked spinach is about one-half cup.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.

Family Newsletters



La Cosecha del Mes.

noviembre

La salud y el éxito en el aprendizaje van mano a mano

Al inculcar hábitos de buena alimentación en sus hijos, usted puede ayudarlos a mejorar su memoria y nivel de energía en la escuela! Con La Cosecha del Mes, usted puede dar un ejemplo positivo y encaminar a su hijo hacia la salud y el aprendizaje.

En noviembre, el kiwi es la fruta de La Cosecha del Mes.



Consejos "frescos"

- Seleccione frutas firmes que no estén magulladas. El tamaño de la fruta no afecta su sabor.
- Presione la superficie de la fruta con su pulgar. Si se hunde bajo poca presión, el kiwi está maduro. Si presiona y el kiwi parece duro, todavía no está listo para comer.
- Un kiwi se mantiene fresco por algunos días a la temperatura ambiental y hasta cuatro semanas dentro del refrigerador.
- Para madurar un kiwi, colóquelo en una bolsa plástica con agujeros junto a una manzana o un plátano y deje reposar por uno o dos días.

ENSALADA DE FRUTAS

Ingredientes:

- (para 4 porciones de ½ taza)
- ½ taza de rebanadas de kiwi
- ½ taza de rebanadas de plátano
- ½ taza de manzana picada
- ½ taza de uvas
- ½ taza de jugo de naranja

En un recipiente, mezcle todos los ingredientes y sirva.

Fuente: Healthy Latino Recipes Made With Love, Campaña Latina 5 al Día de California, 2004.

Ayude a sus hijos a comer sano

- ¡Prepare un hotcake con una cara feliz! Use dos rebanadas de kiwi para los ojos y haga la nariz con una fresa y la boca con un plátano.
- Mezcle dos kiwis picados con yogur ligero rico en calcio o con queso cottage bajo en grasa para darle un gusto dulce natural.
- Los kiwis son magníficos para ablandar la carne. Explíquelo a su hijo que los kiwis tienen una enzima (proteínas producidas por las frutas) que ayuda a que la carne se ablande.
- Pídale a su hijo que le ayude a preparar una rica ensalada de frutas como postre para el día de Acción de Gracias.

Para más ideas, visite:

www.campeonesdelcambio.net
www.kiwifruit.org

Información Nutricional

Porción: 2 kiwis medianos (4½ oz)	
Cantidades por Porción	
Calorías 90	Calorías de Grasas 0
% Valor Diario	
Grasas 1g	2%
Grasa Saturada 0g	0%
Grasa Trans 0g	0%
Colesterol 0mg	0%
Sodio 4mg	0%
Carbohidratos 22g	7%
Fibra Dietética 4g	16%
Azúcar 1g	
Proteína 2g	
Vitamina A 3%	Calcio 3%
Vitamina C 229%	Hierro 3%

Fuente: www.nutritiondata.com*

Consejos saludables

- Haga que sus hijos marquen en un calendario los días en que su familia realiza actividades sanas, tales como comer frutas y vegetales o hacer actividades físicas.
- Pida que su hijo le diga qué están haciendo en su clase para probar nuevos sabores.
- Anime a que sus hijos coman el desayuno y el almuerzo escolar. Pida más información al maestro de su hijo o llame a la oficina principal del distrito escolar.

¡En sus marcas, listos...!

- ¡Y a bailar se ha dicho! Muévase al son de su música preferida con sus hijos o monten bicicleta juntos después de cenar.
- Jueguen a "los encantados" o a "las escondidas".

Para más ideas, visite:

www.kidnetic.com
www.verbnow.com

* Los sitios web sólo disponibles en inglés.



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Harvest of the Month.

November

Health and Learning Success Go Hand-in-Hand

By helping children practice healthy eating habits, you can help improve their memory and energy levels in school.

With Harvest of the Month, you can set a positive example and put your child on the road to health and learning success.

The Harvest of the Month featured fruit is

kiwifruit



Produce Tips

- 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 slight pressure, the kiwi is ripe. If you apply pressure and the kiwi feels hard, it's not ready to eat.
- A kiwi will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen a kiwi, place it in a bag with an apple or a banana and leave it out on the counter for a day or two.

FRUIT SALAD

Ingredients:

(Makes 4 servings at ½ cup each)

- ½ cup sliced kiwifruit
- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup grapes
- ½ cup orange juice

In a medium bowl, mix all ingredients. Serve.

Adapted from: Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.

Helping Your Kids Eat Healthy

- Make a pancake smiley face. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry and banana.
- Slice two kiwis into calcium-rich lowfat yogurt or cottage cheese for an added sweet flavor.
- Kiwis work great for tenderizing meat. Explain to your child that kiwis have an enzyme (proteins produced by living things, like fruit) that helps break down the meat to make it tender. Find a recipe to try this together.
- Ask your child to help you make a healthy fruit salad for Thanksgiving dessert.

For more ideas, visit:

www.harvestofthemoth.com
www.kiwifruit.org

Nutrition Facts

Serving Size 2 medium kiwis (140g)	
Amount per Serving	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 2g	
Vitamin A 3%	Calcium 3%
Vitamin C 229%	Iron 3%

Source: www.nutritiondata.com

Let's Get Physical!

- Kick up your heels and dance with your child to your favorite tunes.
- Play a game of tag or hide-and-go-seek after dinner.
- Run, jog or bike on a family treasure hunt.

For more physical activity ideas, visit:

www.kidnetic.com
www.verbnow.com

Healthy Help

- Keep a calendar and have your child mark each day that your family practices healthy activities, like eating fruits and vegetables or being physically active.
- Ask your child to describe any taste testing activities being done in the classroom.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.

Current HOTM activities happening in your county

- Schools
- Preschools
- Resource Centers
- Afterschool Programs
- Others?



What are your HOTM opportunities to provide HOTM in your community?

Where

- Playgroups
- Commodities
- Preschools
- Schools
- Family Fun Nights
- Parenting classes
- Community Events
- Other

Implementation Strategies

- Displays
 - Food tasting & newsletters
- Classroom Activities
 - Food tasting, education lesson and newsletter
- Integrated into FRC sponsored activities
- Others



Discussion Questions

1. **What strategies can be used in your resource center or preschool to encourage your families to consider making positive eating and physical activity changes?**
2. **How can school food service be involved with HOTM in the cafeteria and in the classroom? What other activities can the school food service staff do to support HOTM implementation?**



Exploring California Pears

- **Divide into 4 groups**
- **Each group will be given a pear**
- **Make four columns on the whiteboard: red, yellow, green, and brown.**
- **Each group observes, smells, feels, and tastes their assigned pear**
- **Note the different features in the columns on the whiteboard.**
- **Discuss the similarities and differences in the four group.**
- **Sample the other colors.**



Other Nutrition Resources

- **USDA** – www.choosemyplate.gov
- **FVMM** – www.fruitsandveggiesmorematters.org
- **CA Farm to School** - www.cafarmentoschool.org
- **Farm to Preschool** - www.ourcommunityourkids.org/domains--committees/early-childhood/farm-to-preschool-.aspx
- **CA School Garden Network** – www.csgn.org
- **CA Walk to School** – www.cawalktoschool.com
- **CA Afterschool Network** – www.afterschoolnetwork.org
- **CA Healthy Kids Resource Center** – www.californiahealthykids.org



Harvest of the Month - Growing Healthy Students

Harvest of the Month

Network for a Healthy California

- Program Overview
- Educators' Corner
- Produce List & Criteria
- Monthly Elements
- Ordering Information
- Web Links
- Contact Information
- Back to Mainpage



Search

Harvest of the Month



What's New: Green Beans [August]

Just the Facts

- Green beans are nitrogen fixers, which means they have the ability to draw nitrogen from the air and return it to the soil. Because of this, farmers often plant beans and legumes in their crop rotations to replenish the soil.
- Fresh beans are classified into two basic categories: edible pod beans and shell beans. Green beans are the most popular edible pod bean, while lima beans are the most common shell bean sold in the United States.
- Compared to dry or shell beans, green beans provide less starch and protein, and more Vitamin A, Vitamin C and calcium.



Harvest of the Month Works!

"Harvest of the Month is outstanding and has made a great difference in both staff eating habits and student preferences. It is one of the most valuable programs we've had. Anytime you can integrate food into curriculum, students become that much more engaged."

- 2nd Grade Teacher

HOME GROWN FACTS

Did You Know? **Green Beans**

- California ranks second in national production of green beans.
- Ninety-five percent of the green bean crop in California is marketed as fresh and about 5 percent as processed.
- Tulare, Orange and San Luis Obispo counties are the largest green bean-producing areas in California.
- Other counties that contribute acreage to green beans include Riverside, Santa Clara, Contra Costa, Stanislaus, San Diego, San Mateo and San Bernardino.
- Bush-type green beans are the predominant variety grown for commercial production in California.

For more information, visit:

www.anrcatalog.ucdavis.edu/pdf/7240.pdf

Download this month's:

[Educator Newsletter \(PDF\)](#)

[Family Newsletter \(PDF, English\) ... Spanish](#)

[Menu Slick \(PDF, English\) ... Spanish](#)

Health and Learning Success Go Hand-in-Hand



Reflection



Network for a Healthy California

- What excites you the most about HOTM?
- What obstacles do you foresee for implementation?
- What additional information/support do you need for implementation?

