

FRESH from the FARM



The Fresh from the Farm featured fruit is

Apple

for parents



Healthy Kids Do Better in School

Farmers' markets in Minnesota are at their peak in August, but they are still very busy with fall harvest in October. 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. **Fresh From the Farm** can help you and your children learn how to eat healthy and be physically active every day.

For more information:

www.mda.state.mn.us/food/minnesotagrown/pomonth.aspx

Helping Your Kids Eat Healthy

- Dip apple slices in calcium-rich low fat yogurt or protein-filled peanut butter.
- Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick and serve for dessert.
- Use applesauce to make reduced-fat baked goods. Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.
- Ask your child to help pick out apples at the grocery store.
- Discuss with your child what your favorite fruits or vegetables are, why you like them and your favorite ways to eat them.

For more ideas, visit:

www.usapple.org or
www.minnesotaapple.org

Smart Choices is funded by Blue Cross and Blue Shield of Minnesota through its Prevention Minnesota initiative and the Minnesota Department of Health's Statewide Health Improvement Program.

Permission to use and adapt this material was received from the California Department of Public Health, Network for a Healthy California. Original development funded by the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers.

Let's Get Physical!

Take advantage of the warm weather before winter arrives in Minnesota.

- Collect colorful fall leaves during a family walk through the neighborhood or in a nearby park or stroll through your local apple orchard for physical activity and to get some fresh apples!
- Take advantage of the great walking and biking trails available at county or state parks. Visit www.dakotacounty.us, search "parks" for nearby trails and programs.
- Consider organizing a walking or biking group for your child to get to and from school. Join with other parents to designate a safe route to school and trade off escorting the school group while the weather permits.

Recipe: TUNA APPLE SALAD

Makes 4 servings - ½ pita each

Ingredients:

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons minced red onion
- 1 apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup raisins
- 3 tablespoons fat-free Italian dressing
- 2 cups salad greens
- 2 pita breads, cut in half or 4 slices whole wheat bread

In a small bowl, stir together tuna, onion, apple, celery, raisins and two tablespoons of dressing.

In another bowl, toss salad greens with remaining dressing. Carefully open pita breads and fill with equal amounts of tuna mixture and greens.

Adapted from: Everyday Healthy Meals, Public Health Institute, 2007.

Food For Thought

- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- 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.
- Review the school menu with your child and circle the meals that have apples in them.

Recommended Daily Amounts of Fruits and Vegetables*

Ages 5 - 12	Ages 13 and older
2 ½ - 5 cups per day	3 ½ - 6 ½ cups per day

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

Nutrition Facts	
Serving size 1 Medium Apple (154g)	
Amount per serving	
Calories 80	Calories from Fat 2g
% 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 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%
Source: www.nutritiondata.com	



Public Health
Prevent. Promote. Protect.
TO HEALTHY KIDS