Fresh Taste Tips
- Keep fruits and vegetables visible and easily accessible. For example, keep produce on the counter or at your child's eye level in the refrigerator.
- Add fresh fruits and vegetables to foods your child already eats — berries to yogurt and cereals, vegetables to pasta and pizza, and tomatoes to sandwiches.
- Instead of ice cream, keep bags of frozen fruit in the freezer for a refreshing snack.
- Help your child's school create a healthy environment. Send healthy snacks for class parties.

Helping Your Kids Eat Healthy
- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with ice and orange juice (or lowfat yogurt) to make a quick and tasty smoothie.
- Toss strawberries in a salad.
- Strawberries are a tasty snack all by themselves. Just wash them, remove the stem and enjoy.
For more ideas, visit: www.fruitsandveggiesmorematters.org

Let's Get Physical!
- Find out what your child's favorite activity and/or sport is and then do it together.
- Make arrangements for you and your child to ride bikes to work and school.
For more ideas, visit: www.saferoutesinfo.org

BANANA BERRY PANCAKES
Ingredients:
(Makes 4 servings - 2 pancakes each)
1 large banana, peeled and sliced
1 cup complete pancake mix
¼ cup water
Nonstick cooking spray
Topping:
1½ cups frozen or fresh strawberries
2 tablespoons strawberry jam
1. Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended.
2. Spray large skillet with cooking spray over medium heat. Pour ¼ cup batter for each pancake into hot skillet.
3. Cook pancakes for 2 minutes on each side or until cooked through.
4. While pancakes are cooking, combine berries and jam in small bowl. Microwave on high for 1 minute.
5. Stir and then cook for 1 minute more. Spoon topping over pancakes. Serve.
Adapted from: Discover the Secret to Healthy Living, Public Health Institute, 2004.

Produce Tips
- Strawberries are picked at their peak of freshness. They do not ripen after harvesting. So make sure to pick ones that are bright red, have a natural shine and green caps that look fresh.
- Store unwashed strawberries in the refrigerator to keep them fresh.
- Before serving, use cool water to gently wash strawberries with the green caps still attached. For best flavor, allow strawberries to reach room temperature before serving.

Nutrition Facts
Serving size: 1 cup, halves (152g)
Amount per serving
Calories 49 Calories from Fat 4g
% Daily Value
Total Fat 0g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 2mg 0%
Total Carbohydrate 12g 4%
Dietary Fiber 3g 12%
Sugars 7g
Protein 1g
Vitamin A 0% Calcium 2%
Vitamin C 149% Iron 3%
Source: www.nutritiondata.com

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