

NUTRIENTS FOUND IN KIWIS

- Kiwis are full of fiber, which helps with digestion.
- One serving of kiwi is an excellent source of vitamin C, which promotes a healthy immune system.
- Kiwis are an excellent source of vitamin K, which is important for maintaining healthy blood.



HEALTHY, FIT & READY TO LEARN

- Have your kids help you plan and prepare one meal each week. You'll be spending quality time together while they explore new foods and build confidence in the kitchen.

GROWN IN OREGON

Many types of kiwi and kiwi berries can be grown in Oregon. In fact, Oregon is one of a handful of states in which kiwi berries are grown. Because they bruise easily, they are difficult to transport and unavailable in other parts of the country. So take advantage of our Oregon agriculture and enjoy kiwi berries when you find them!



LIVING AND EATING GREEN

Instead of buying multiple salad dressing bottles, try making your own dressings at home! You can find hundreds of simple and delicious dressing recipes online. If you make a large batch, you can store the leftovers in a glass jar in the refrigerator.

JUST FOR KIDS

Have your children eat a rainbow of fruit! Red watermelon, orange cantaloupe, yellow banana, green kiwi, and blueberries. Cut them into bite-sized cubes and skewer them onto kabob sticks in rainbow order.



YOUR OREGON KITCHEN

QUICK AND EASY!

- Add kiwis or kiwi berries to your favorite smoothie recipe.
- Toss kiwi slices into a fruit salad to enhance the flavor and add more color.
- Chop up some kiwi, mango, and cilantro and mix with a splash of orange juice for a delicious chutney.
- Give green salad a twist by adding chopped kiwi!
- Enjoy a bowl of kiwi berries as you would grapes!

PRODUCE POINTERS

- Choose kiwi that is unblemished and firm, but not rock-hard.
- To eat a kiwi, slice it lengthwise and use a spoon to scoop out and eat the inside.
- The skin of fuzzy kiwi can be eaten, just be sure to wash it first.
- Kiwi berries should be stored in the refrigerator.
- Kiwis contains an enzyme that breaks down protein, so it can be used as an effective meat tenderizer in marinades.



RECIPE: KIWI SMOOTHIE WITH BANANA & STRAWBERRIES

INGREDIENTS:

- 5 kiwis, peeled and quartered
- 1 banana, peeled and quartered
- 1 cup strawberries (frozen or fresh)
- ¼ cup orange juice
- 5 ice cubes

DIRECTIONS:

- Put all ingredients into a blender and pulse until smooth. Pour into glasses and serve.



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

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

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.