



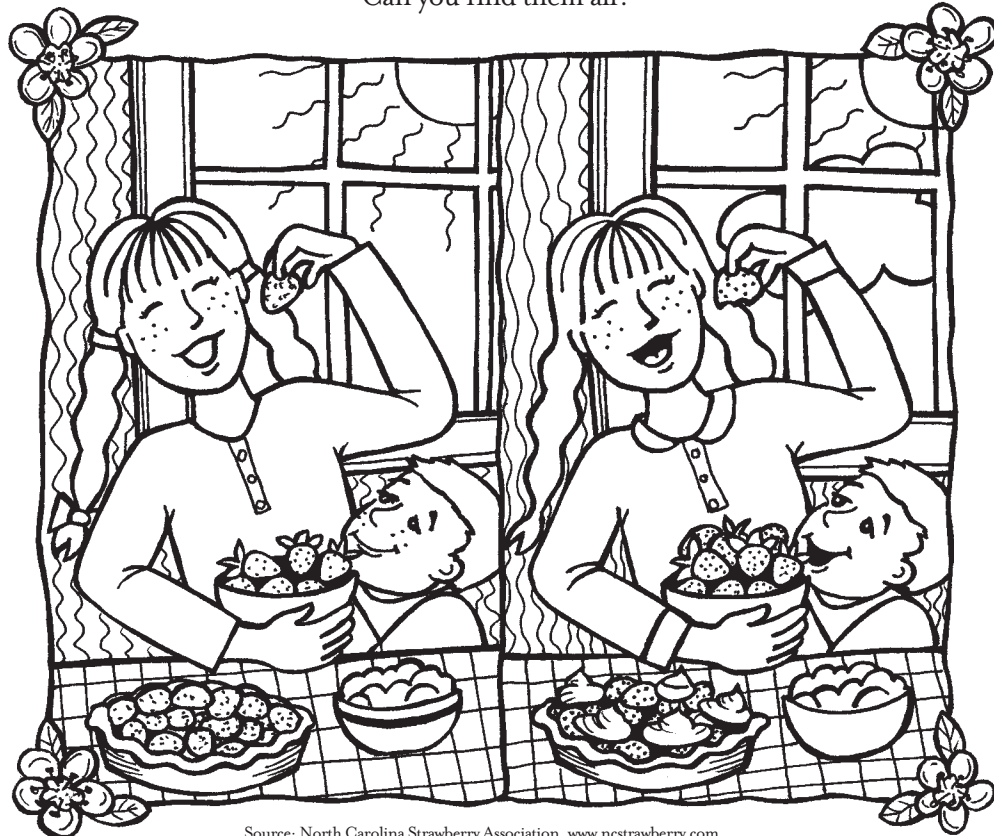
## HARVEST BITES

- Circle all meals on the menu that include strawberries.
- How many did you find?
- What other fruits did you find on the menu?

## Just for Kids

### Picture Detective

There are 12 differences between these two pictures. Can you find them all?



Source: North Carolina Strawberry Association. [www.ncstrawberry.com](http://www.ncstrawberry.com)

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES\*

	Kids - ages 5-12	Teens & Adults - age 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 [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

**FIND OUT MORE:** Visit the Oregon Department of Education Child Nutrition Programs webpage at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition). Find the link to Oregon Farm to School and School Garden Program under Associated Topics.

### Grown In Oregon

Oregon farmers grow very sweet strawberries. Oregon strawberries retain their sweet summer goodness when frozen, which is why you can enjoy them all year long.

The Oregon strawberry industry produces about 20 million pounds of strawberries each year. Oregon ranks third in the nation in strawberry production.



The first strawberry plants were brought to Milwaukie, Oregon, from Iowa by a pioneer named Henderson Luelling in 1850.

### Healthy, Fit and Ready to Learn

■ Fruits provide nutrients vital for health. ■ Fresh, canned, frozen and dried are all good for you. ■ Buy fresh strawberries in season and save money. ■ If you want berries in winter, buy the frozen kind.

