



OREGON
CHERRIES
GROWN FOR SCHOOLS

Healthy, Fit and Ready to Learn

- As almost any teacher will tell you, healthy foods and regular physical activity can make a positive difference in the classroom.
- Children are more likely to eat fruit they help prepare. Kids can rinse fresh cherries, dry them and arrange them into a fun design for serving.
- Encourage active play. Take a walk together in the neighborhood.

Grown In Oregon

- The Oregon sweet cherry season starts the first week in June and can run through mid-August. Cherries from different growing regions and different varieties of cherries ripen at different times.
 - Look for varieties like Chelan, Bing, Benton, Rainier and Sweetheart. Try different varieties and find your own favorites.
 - The Bing Cherry variety was developed at the Leweling Nursery in Milwaukie, Oregon, and named in honor of Ah Bing, the Chinese foreman who helped run the nursery.

YOUR OREGON KITCHEN

Quick and Easy!

- Fun, sweet and flavorful, Oregon Cherries are perfect for snacking right out of hand. Just wash and eat.
- They're great for school lunches and fruit and cheese platters too.
- Add Oregon dried cherries to your breakfast cereal. Pack frozen cherries in school lunch boxes. They'll thaw by lunch time.

NUTRIENTS FOUND IN CHERRIES:

Vitamin C
Fiber
Anthocyanins

Anthocyanins are antioxidants that give cherries both their rich red color and important health benefits.

Fresh Northwest Cherry Salsa

Makes 4 half cup servings.

INGREDIENTS

- 2 cups pitted fresh or frozen sweet cherries
- 1/3 cup Basil, fresh, chopped
- 1/3 cup green peppers, finely chopped
- 2 tsp lemon juice
- 1/2 tsp each of: Worcestershire sauce and grated lemon peel
- 1/4 tsp Salt

Dash of bottled hot pepper sauce

DIRECTIONS

Chop cherries. Combine all ingredients; mix well. Refrigerate at least 1 hour.

NUTRITIONAL ANALYSIS

Calories 124, Protein 0g, Fat 0g, Calories From Fat 2%, Cholesterol 0mg, Fiber 5g, Sodium 168mg.

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

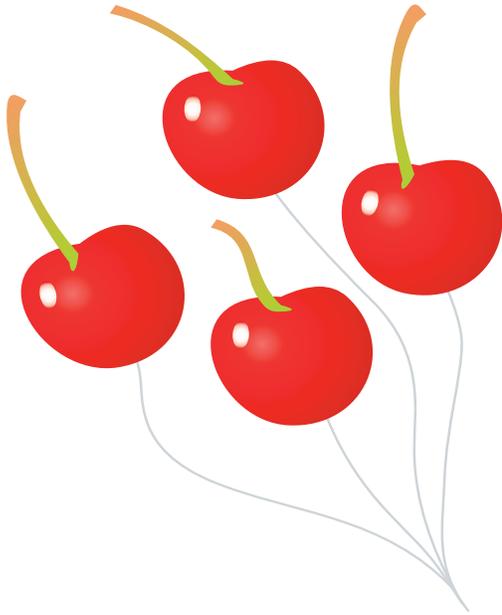
*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Source: Produce for Better Health



FIND OUT MORE: Visit the Oregon Department of Education Child Nutrition Programs web page at www.ode.state.or.us/services/nutrition. Find the link to Oregon Farm To School and School Garden Program under Associated Topics.

Just for Kids



Cherry Toss

Play an active game using red balloons or balls. Call them cherries. Have a contest to see who can keep a cherry balloon in the air the longest using only their head. Kids can try to throw a cherry ball into the air, turn around and catch it again. Or have kids throw the cherry ball into the air, clap their hands once, and catch it. Then try clapping hands twice and then three times. How high can they go?

Planet Power

Try an online spaceship adventure called Planet Power. Children play this online game by fueling their rocket with food and physical activity. Each child makes food and activity choices, then clicks “Blast Off” to see if they have what it takes to make it to Planet Power.



Play at www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff_Game.html



Have fun! Yes, children need to be active every day, but kids can choose all kinds of activities to meet this goal – playing with the family or friends, walking to school or the store, bicycling, tossing or bouncing a ball, and more – all while fueling their bodies with nutritious foods.

Find more ideas at www.presidentschallenge.org/challenge/activities.shtml

PRODUCE POINTERS



Cherries

- Choose firm, plump, shiny cherries with stems on. Cherries keep better with stems on. Avoid cherries that are soft or have brown spots.
- Refrigerate your unwashed cherries immediately after purchase. Cherries will keep in the refrigerator for several days. Wash the fruit before eating.
- You can freeze cherries by rinsing and draining thoroughly, spreading out in a single layer on a cookie sheet and placing in the freezer overnight. Once cherries are frozen, transfer them to a heavy plastic freezer bag.

Living and Eating Green

Make your own snack mixes from dry whole-grain cereal, dried cherries or other dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their “new” snack. You will use less packaging and save money.