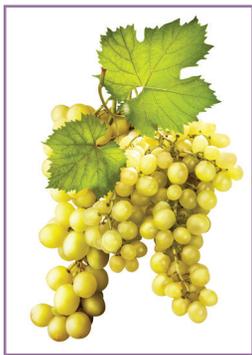
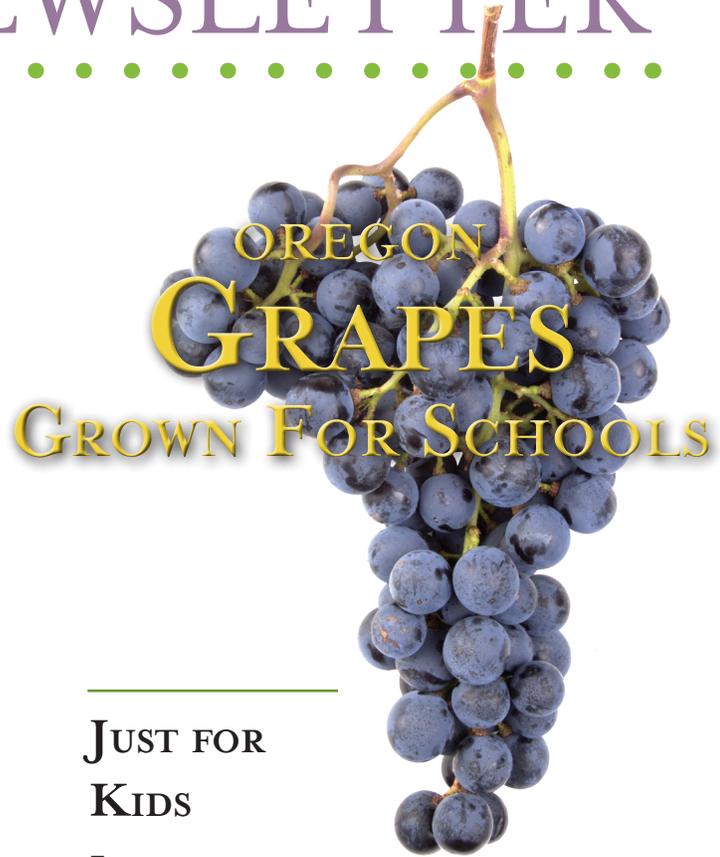




# FAMILY NEWSLETTER

## NUTRIENTS FOUND IN GRAPES

- Grapes are an excellent source of vitamin C, which supports one's immune system.
- Grapes are also an excellent source of vitamin K, which helps protect against heart disease.
- Grapes contain copper, which is important for building strong tissue.



## HEALTHY, FIT & READY TO LEARN

- To encourage your family to eat more fruits and vegetables, rinse and cut carrots, celery, grapes or apples, and make them accessible in the refrigerator or on the counter for a quick and easy snack!

## JUST FOR KIDS

Frozen grapes are a fun snack, and treat!

Try making your own fruit ice pop, by putting grapes and other berries on a kabob stick. Freeze the sticks of fruit overnight, and enjoy eating them on a hot day!

## GROWN IN OREGON

In Oregon, grapes are a popular plant, especially in the Willamette Valley. The Oregon grape harvest usually takes place during the early fall months.



## LIVING AND EATING GREEN

You can make your own cleaning rags by cutting pieces of clean old t-shirts, sheets, or pillowcases. Use these rags to wipe up spills, clean in the kitchen or bathroom, or to dust around the house.



# YOUR OREGON KITCHEN

## QUICK AND EASY!

- Rinse grapes and pack in lunches for a quick, delicious snack!
- Raisins are dried grapes. They taste great in oatmeal, muffins, breads and desserts.
- Many varieties of grapes freeze well and can be added to smoothies as a natural sweetener.
- Mash and cook grapes to make your own jelly!
- Cut grapes in half to make it easier for younger kids to enjoy them.

## PRODUCE POINTERS

- Seedless grapes are a nice and convenient choice for families with young children.
- Always rinse your grapes right before eating them!
- Grapes keep well in places that are not too hot or humid. After you buy grapes, store them in the refrigerator for up to a week.



# RECIPE: MAGICAL FRUIT SALAD

## INGREDIENTS:

- 4 cups assorted fruit, fresh and/or canned: apples, bananas, oranges, grapes, pineapple
- 1 small package (3 ½ ounces) instant lemon or vanilla pudding mix
- 1 ¾ cups cold milk (use nonfat or 1%, or mix nonfat dry milk with water)

## DIRECTIONS:

1. For fresh fruit: Rinse fresh fruit. Chop into bite-size chunks. For canned fruit: Open and drain canned fruit.
2. Pour pudding mix over fruit. Add milk and mix well. Refrigerate for 5 minutes.
3. This salad is best if eaten as soon as it is ready.
4. Refrigerate leftovers within 2 hours.

*Recipe sourced from foodhero.org*



## 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](http://choosemyplate.gov) to learn more.

**Find Out More:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).