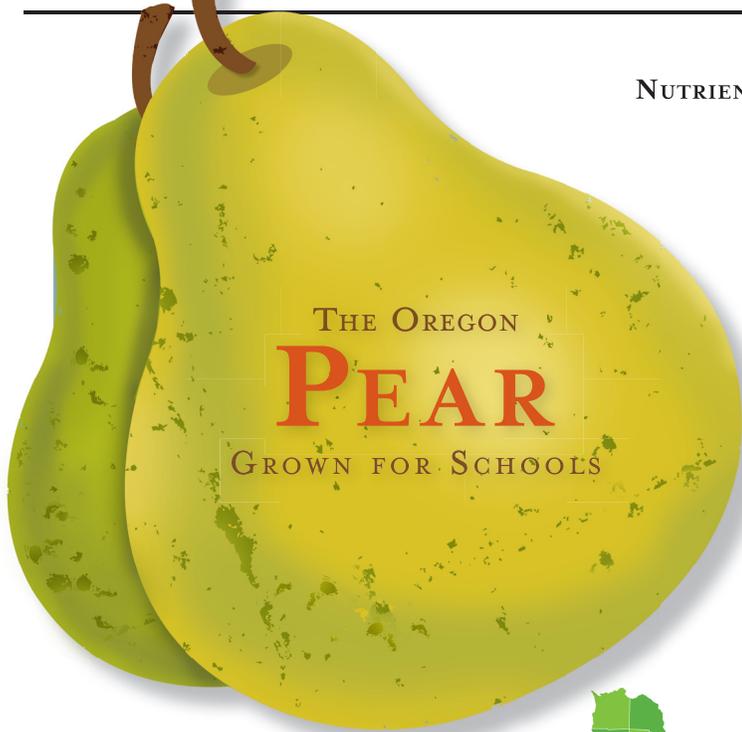




FAMILY NEWSLETTER



NUTRIENTS FOUND IN PEARS:

~FIBER

Fiber helps keep food in your stomach longer so you feel full.

~VITAMIN C

Maintains the heart beat, regulates body fluids, and is important for muscle and nerve functioning.

~COMPLEX CARBOHYDRATES

YOUR OREGON KITCHEN

Quick and easy!

Stuffed Pear Halves

Cut a pear in half and remove the core. Top each pear half with protein- filled peanut butter or calcium- rich, low- fat yogurt. Sprinkle cinnamon on top for a yummy, healthy snack.

Pear Quesadillas

INGREDIENTS

- 4 medium whole wheat tortillas
- 1 cup grated cheese (try cheddar or Jack)
- 1 Oregon pear, cored and sliced
- 1/2 cup finely chopped green or red peppers
- 2 tablespoons minced onion (green, red or yellow)



DIRECTIONS

1. Lay two tortillas on a clean cutting board.
2. Place 1/4 cup of cheese on each tortilla.
3. Divide pears, peppers and onion between the two tortillas.
4. Divide the remaining cheese between the two tortillas. Top with remaining two tortillas.
5. Heat a pan or griddle to medium. Place one quesadilla in pan. Cook for 2-4 minutes, or until bottom of quesadilla begins to look a little brown.
6. With large spatula, gently turn quesadilla over and cook the other side until a little brown, 2-4 minutes.
7. Gently slide quesadilla onto plate. Cook the second quesadilla.
8. Cut each cooked quesadilla into 4 wedges. Two wedges is one serving.
9. Refrigerate leftovers within 2-3 hours.

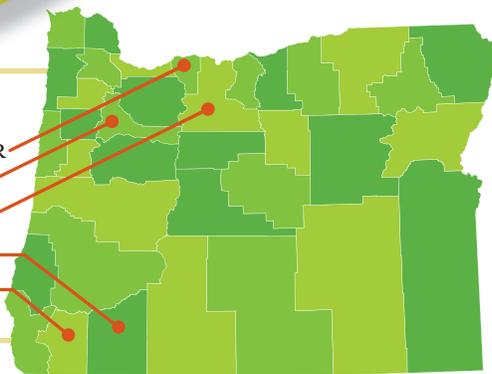
SERVING SIZE: 2 wedges, SERVINGS PER RECIPE: 4, CALORIES: 270, TOTAL FAT: 11g, SODIUM: 360mg, TOTAL CARBOHYDRATE: 31g, PROTEIN: 10g

This recipe provided by OSU Extension Service. Visit their website for more healthy, low-cost recipes: healthyrecipes.oregonstate.edu

Grown in Oregon

Pears are Oregon's Number One tree fruit crop and Oregon's state fruit. The top five pear growing counties are:

- HOOD RIVER
- MARION
- WASCO
- JACKSON
- JOSEPHINE



Healthy, Fit and Ready to Learn

- Help your child eat more fruits and vegetables by including them in snacks and meals.
- Talk to your child about how eating fruits and vegetables throughout the day leads to better health.
- Add a juicy, sliced pear to tonight's green salad for a special treat.



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 – 5 cups per day	4 1/2 – 6 1/2 cups per day
Females	2 1/2 – 5 cups per day	3 1/2 – 5 cups per day

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



FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm To School and School Garden Program under Associated Topics.

Find recipes, activities, nutrition information and more at the Pear Bureau Northwest website: usapears.com.

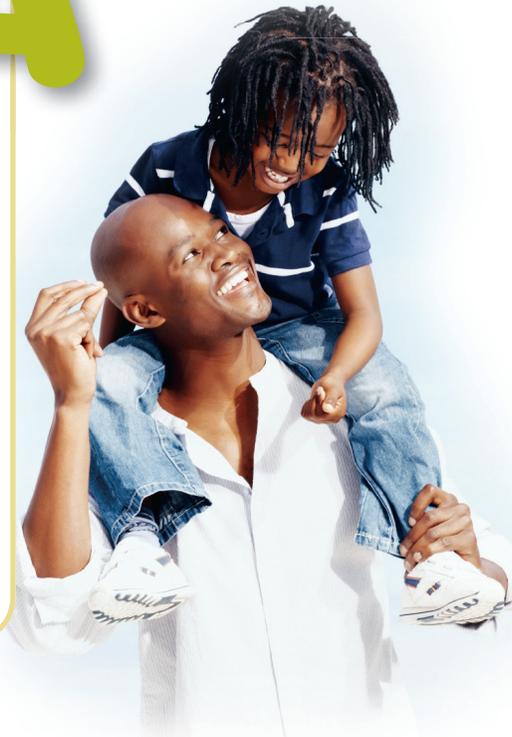
Just for Kids

Pear Scramble

How many new words can you and your child make from the letters in PEARS? (Example: are, sap) How many new words did you find together?

PEARS

Write your new words on the lines below!



GET MOVING!

It's important for children to get physical activity during the winter months. Check to see if your community or school gym is open for play on weekends or after school.

PRODUCE POINTERS

A Ripe Pear is a Sweet Pear

- Leave firm unripe pears at room temperature so that they can ripen.
- Check the neck for ripeness daily. If it yields to gentle pressure, it's ready to eat.
- Refrigerate a ripe pear if you won't eat it right away. Don't refrigerate an unripe pear.

Taste a Variety of Oregon Pears

Tasting a variety of pears gives children the opportunity to make observations and discuss similarities and differences between things - skills that help them in school and life! Provide at least two varieties of pears. Ask your child to describe the color, shape, smell, size, taste and feel of each fruit. How are the pears alike? How are they different?

Supermarket Sleuths

Involving children in food shopping is a great way to introduce fruits and vegetables. It also builds skills for shopping on their own in the future. Here are some ideas for keeping children engaged in the grocery aisles.

Before You Shop

- 📎 Talk with your child about the meals and snacks you are planning. Ask him or her to make a list of groceries needed.
- 📎 Have your child check store flyers or newspapers for sales and coupons.
- 📎 Have your child pick a favorite or new-to-them vegetable for dinner during the week.

Ready, Set, Grocery!

- 📎 Let children help. Assign part of the grocery list to your children. Ask them to find the items on their part of the list. They can also help by crossing off food items as you put them in the grocery cart.
- 📎 Bring in some math. Ask children to weigh produce or compare costs of different foods.

