Pears: An Oregon Treasure!
Pears grow abundantly in Oregon’s fertile soil. No wonder it’s our state fruit!

Harvest Bites
■ Circle the word pear or pears every time it appears on this month’s menu.
■ How many did you circle?
■ How many pears do you plan to eat this week?
**Find out more:** The Pear Bureau website has ideas for fun activities you can do with your child – related to pears of course. Go to uspears.com/Kids and Classrooms/Parents.aspx. Visit the Oregon Department of Education Child Nutrition Program at ode.state.or.us/services/nutrition. Look for Oregon Farm to School and School Garden Program under Associated Topics.

**Recommended Daily Amounts of Fruits and Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Kids - ages 5-12</th>
<th>Teens &amp; Adults - age 13+</th>
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</thead>
<tbody>
<tr>
<td>Males</td>
<td>2 ½ – 5 cups per day</td>
<td>4 ½-6 ½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2 ½ – 5 cups per day</td>
<td>3 ½ – 5 cups per day</td>
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If you are active, eat the higher number of cups per day. Visit fruitsandveggiesmatter.gov to learn more.

**Grown in Oregon**

The top five pear growing counties are:

- Hood River
- Marion
- Wasco
- Jackson
- Josephine

**Healthy, Fit and Ready to Learn**

Pears are a good source of complex carbohydrate which means pears provide long lasting energy.