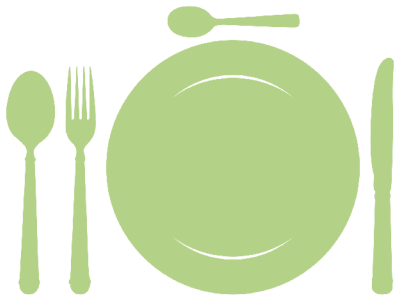


NUTRIENTS FOUND IN BLUEBERRIES

- Blueberries are full of fiber, which helps with digestion.
- One serving of blueberries is an excellent source of vitamin C, which promotes a healthy immune system.
- Blueberries are an excellent source of vitamin K, which is important for maintaining healthy blood.



HEALTHY, FIT & READY TO LEARN

- Try leaving a bowl of fresh fruit or carrot sticks on the kitchen table to encourage healthy snacking throughout the day!



JUST FOR KIDS

During the summer months, blueberry you-pick farms are a great place to go on a berry picking adventure! Most blueberry farms grow several types of blueberries. To add to the fun, taste several varieties of blueberries-- you might have more than one favorite!

GROWN IN OREGON

Blueberry production is a major industry in Oregon. Our state is the third largest blueberry producer in the United States!



LIVING AND EATING GREEN

Make your own simple and effective cleaning products with safe items you may already have in your home. You will be amazed by what you can do with baking soda, white vinegar, and lemon juice. Look online to find easy recipes!

YOUR OREGON KITCHEN

QUICK AND EASY

- Add blueberries to your oatmeal or cereal for added fiber and flavor.
- Keep a bag of frozen blueberries in the freezer for smoothies or as a cold treat all by themselves.
- Mash blueberries to make your own jam!
- Stir blueberries into plain yogurt with a bit of honey for a tasty snack.
- Top pancakes or waffles with blueberries for a burst of sweetness.



RECIPE: VERY BERRY MUESLI

INGREDIENTS:

- 1 cup low fat fruit yogurt
- 1 cup old-fashioned rolled oats (raw)
- ½ cup non-fat or 1% milk
- ½ cup dried fruit (try raisins, apricots, dates)
- ½ cup chopped apple
- ½ cup frozen blueberries
- ¼ cup chopped, toasted walnuts

DIRECTIONS:

- In medium bowl, mix oats, yogurt, and milk.
- Cover and refrigerate for 6-12 hours.
- Add dried and fresh fruit, and mix gently.
- Serve scoops of muesli in small dishes. Sprinkle each serving with chopped nuts.
- Refrigerate leftovers within 2 hours.

Adapted from foodhero.org



PRODUCE POINTERS

- Choose fresh blueberries that are plump and have a solid, dark blue color.
- Do not wash blueberries until you are ready to eat them, as washing will remove the bloom (or silvery coating) that protects the berries' skin from degradation.
- Blueberries can be frozen, dried, or canned so that you can enjoy them year round!
- Blueberries will stay fresh for up to two weeks if they are stored in a covered container in the refrigerator.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 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 choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.