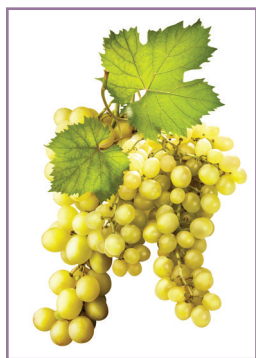
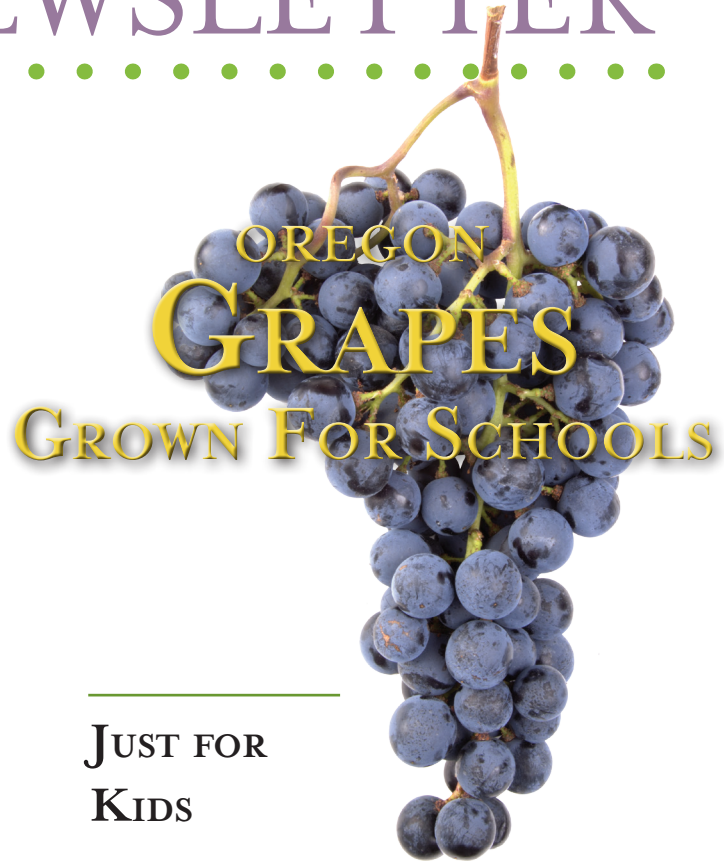




FAMILY NEWSLETTER

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 to learn more.

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