

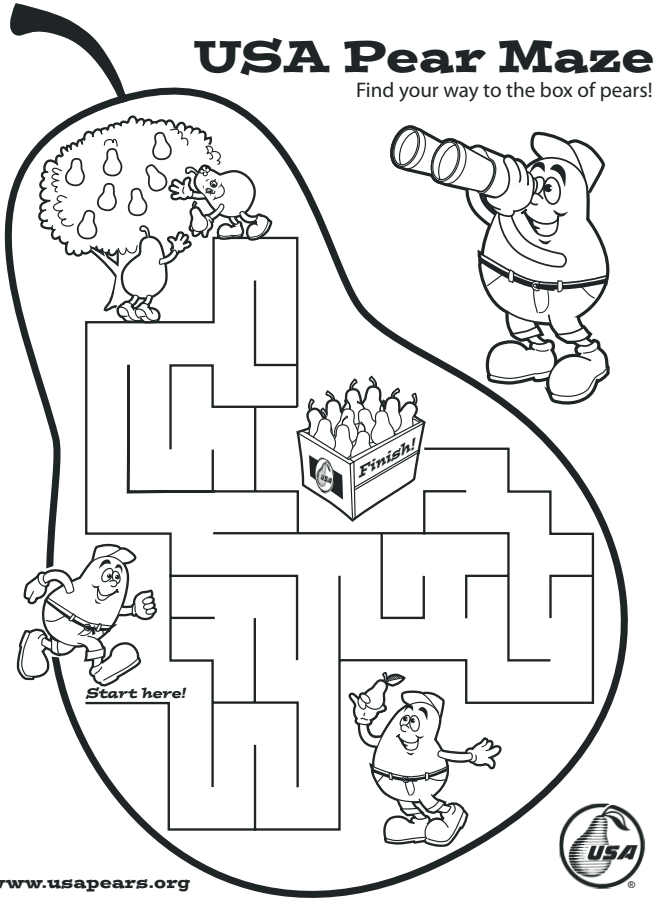
## **Pears: An Oregon Treasure!**

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?

# Just for Kids



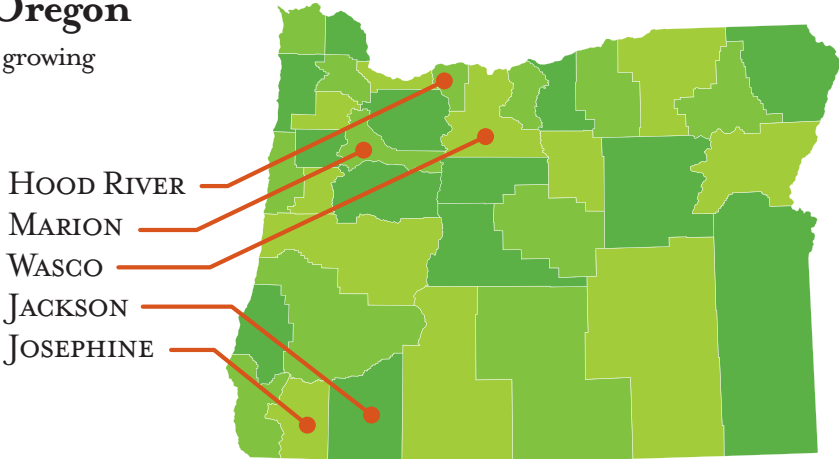
**FIND OUT MORE:** The Pear Bureau website has ideas for fun activities you can do with your child – related to pears of course. Go to [usapears.com/Kids](http://usapears.com/Kids) and [Classrooms/Parents.aspx](http://usapears.com/Classrooms/Parents.aspx). Visit the Oregon Department of Education Child Nutrition Program at [ode.state.or.us/services/nutrition](http://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		
	Kids - ages 5-12	Teens & Adults - age 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 [fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov) to learn more.

## Grown in Oregon

The top five pear growing counties are:



## Healthy, Fit and Ready to Learn

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

