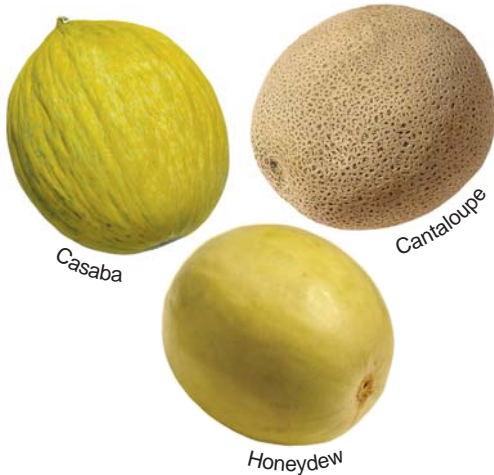


# Harvest of the Month



Network for a Healthy California  
July

The Harvest of the Month featured fruit is **melons**



## Helping Your Child Eat Healthy

- Slice and eat melons as a refreshing snack or side dish at meals.
- Serve sliced or chopped melons with lowfat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Add a colorful variety of melons to meals to help maintain good vision and strengthen the immune system.
- Melons are in the red (e.g., watermelon), yellow/orange (e.g., cantaloupe, casaba), and green (e.g., honeydew, Crenshaw) color groups.

## Health and Learning Success Go Hand-in-Hand

California farmers' markets are at their peak during summer. These local markets provide a bounty of fresh fruits and vegetables at low prices. Eating a variety of colorful fruits and vegetables each day can provide your family with the nutrients they need to grow and develop healthy bodies and minds.

**Harvest of the Month** can help you learn how to eat healthy and be physically active every day.

## ICY FRUIT POPS

Ingredients: (Makes 4 pops)

- 2 cups melon, cubed**
- 1 cup 100% orange juice**
- 4 (8-ounce) paper cups**
- 4 plastic spoons (or craft sticks)**

1. Combine melons and orange juice in blender. Blend until smooth.
2. Pour into paper cups.
3. Freeze until thick and slushy (about one hour). Insert spoon, handle up, into cup.
4. Freeze until solid (at least two hours).
5. To eat, remove from freezer and let sit 10 minutes. Peel paper cup off and enjoy.

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2008.

For more ideas, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Let's Get Physical!

- Watch the sun rise or set by taking a family walk.
- Walk, skate or ride bikes to local farmers' markets. Bring your own bags to carry your groceries.
- Take a dip — visit a local community pool, park or lake and go for a swim.
- Be sun-safe. Wear sunscreen and a hat when outdoors.
- Stay hydrated on warm days by drinking lots of water.

## Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)

Amount per Serving

Calories 27      Calories from Fat 1

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 13mg      1%

Total Carbohydrate 7g      2%

Dietary Fiber 1g      3%

Sugars 6g

Protein 1g

Vitamin A 54%      Calcium 1%

Vitamin C 49%      Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Produce Tips

- Select cantaloupes with a sweet, fragrant smell and soft dent on stem.
- Select honeydew, casabas and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured or cracked rinds.
- Store whole melons on counter and eat within two days.
- Wash melons before cutting. Remove pulp from rind and discard seeds.\*
- Refrigerate cut melons in sealed container. Use within three days.

\*Does not apply to watermelons.

## How Much Do I Need?

A serving of melons is one-half cup cubed melon. This is about one cupped handful. Remember to eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

