

Harvest of the Month

Network for a Healthy California

Botanical name: Prunus persica



PEACHES

- Peaches are known as stone fruits.
- There are other kinds of stone fruits such as plums, apricots and cherries
- What is your favorite stone fruit?

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
		Chicken Tenders served with Potato Wedges	All Beef Hot Dogs or Polish Dogs on Whole Grain Bun	Homemade Pizza, French Bread Pizza -OR- Better than Pizza Pasta
26	27	28	29	30
Homemade Mac N' Cheese	Chicken or Beef Bean and Cheese Burritos	Hamburgers or Cheeseburgers on Whole Grain Bun	Spaghetti served with Garden Salad	Homemade Pizza, French Bread Pizza -OR- Better than Pizza Pasta
		Fresh Fruits and Vegetables are served with every meal along with choices of milk offerings For information about food allergies and other dietary restrictions please call (530) 283-6500 ext. 5235		
Weekly Breakfast Offerings				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Bagel	Fruit Parfaits or Yogurt & Granola	Breakfast Burritos or Tacos	Fresh Baked Muffins or Cinnamon Rolls	Breakfast Sandwiches
A variety of Cereals and Fresh Fruit offered every morning				



We proudly serve product from the following vendors when seasonally available

Bradley & Son
Grass Fed Beef

Sage Ham & Eggs

Follow Your Heart
Farm

Morning Glory
Organics



EAT PEACHES



Nutrition Facts

Serving Size: ½ cup peaches, sliced (77g)	
Calories 30	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

Eat a Peach

Peaches are full of healthy stuff — vitamin A, vitamin C, fiber, and potassium. Write down four different ways you can add peaches to your meals and snacks.

- _____
- _____
- _____
- _____

My favorite way to eat a peach is:

Fun Fact

A nectarine is a type of “fuzzless” peach with a smooth skin.

Peach Scramble

Write down as many new words as you can make from the letters in PEACHES. (Example: pea, has)

I found _____ words.

Reasons to Eat Peaches:

Eating a ½ cup of peaches will give you vitamin C. Peaches also have fiber and vitamin A. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

Fiber Champions*:

Avocados, beans, berries, broccoli, papayas, sweet potatoes, whole wheat bread, whole wheat cereal, and winter squash.

*Fiber Champions are a good or excellent source of fiber (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Add color to your plate with fruits and vegetables from each of the color groups – red, yellow/orange, green, blue/purple, and white/tan/brown. This will help you get the nutrients your body needs – so you can grow healthy and be strong.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

