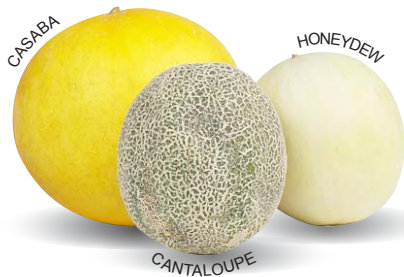


# Harvest of the Month

Network for a Healthy California



Botanical name: Cucumis melo



## MELONS

To pick the perfect watermelon, experts recommend flipping it over to make sure that the underside has a creamy yellow spot from sitting on the ground to ripen in the sun.

- What is your favorite kind of melon?

## JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bean and Cheese Quesadillas	4 Taco Edibowls	5 Fish Sticks National Ketchup Day <i>Ketchup</i>	6 Chicken Filet Sandwiches	7 Homemade Pizza with Whole Grain Crust or Pizza Pasta
10 Mac N' Cheese	11 Chicken Enchiladas	12 Spaghetti	13 Ham or Turkey Deli Sandwiches	14 Homemade Pizza with Whole Grain Crust or Pizza Pasta

Ready...  
Set...  
**SUMMER!**



Lowfat milk, fresh fruit and vegetables are available with every meal  
For information about food allergies and other dietary restrictions please call (530) 283-6500 ext. 5235

### Weekly Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Bagel	Fruit Parfaits or Oatmeal	Breakfast Burritos or Tacos	Apple Pancake Bowls	Breakfast Sandwiches

\*\*\*A variety of Cereal, Fresh Fruit, and Smoothies offered as additional choice

June is...

National Fruits & Veggies Month!



We proudly serve product from the following vendors when seasonally available

Thompson Valley Ranch

Sage Ham & Eggs

Follow Your Heart Farms



# EAT MELONS



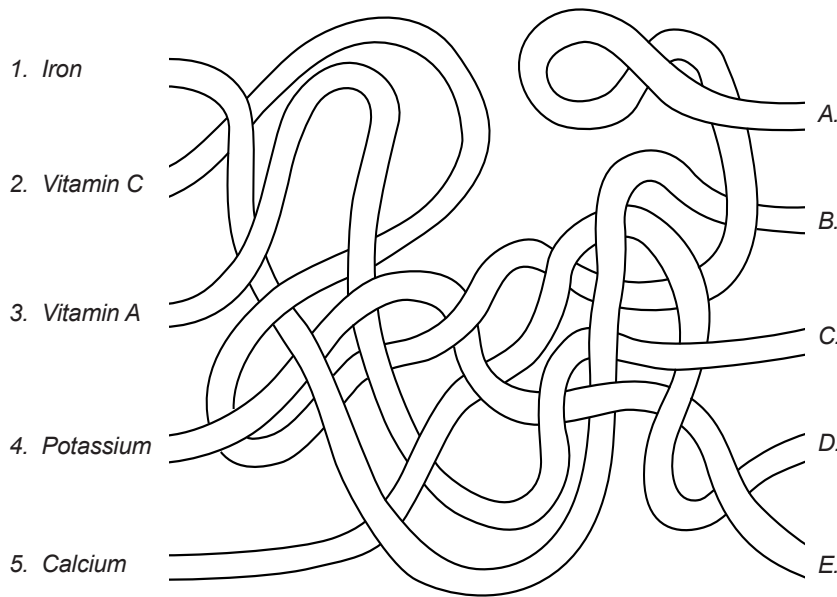
## Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)  
 Calories 27      Calories from Fat 0

	% 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%

## Eat Your Vitamins and Minerals

Draw a line from each vitamin or mineral (on the left) through the mazes to find out what they do (on the right). (answers below)



- A. \_\_\_\_\_ helps to form bones, fight infections, and heal wounds.  
 B. \_\_\_\_\_ carries oxygen in the blood to all your body parts.  
 C. \_\_\_\_\_ helps you to see better, especially at night.  
 D. \_\_\_\_\_ builds strong bones and teeth and helps your muscles work.  
 E. \_\_\_\_\_ helps your heart beat and muscles move.

## Reasons to Eat Melons:

A ½ cup of melon has lots of vitamin C. Eating melons is also a good way to get carotenoids. Carotenoids are antioxidants that are good for your body and may help lower your risk for some diseases.

## Carotenoid Champions\*:

Apricots, cantaloupe, carrots, kale, peas, pink grapefruit, pumpkin, spinach, tomatoes, and watermelon.

\*Carotenoid Champions are a good or excellent source of carotenoids (provide at least 10% Daily Value).

## How Much Do I Need?

A ½ cup of melon is about one cupped handful. 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. There are lots of ways to be active for at least 60 minutes every day. Write down your favorite activities and try to do one every day. Look at the chart below to find the amount of fruits and vegetables you need. Eat a variety of colorful fruits and vegetables throughout the day to help you reach your goal.

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	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](http://www.mypyramid.gov/kids) to learn more.

Adapted from: University of Nevada Cooperative Extension, 2005.

Answers: A. Vitamin A, B. Iron, C. Vitamin C, D. Calcium, E. Potassium



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

