

October

Building Healthy Schools & Communities



Fabulous Fruit!

Fruits are packed with disease fighting nutrients that give you energy, naturally. Kids should eat at least 2 cups of fruit every day. Eat fruits at meals, and at snack time, too. Try to eat a variety of fruits - choose fresh, frozen, canned, or dried, and go easy on the fruit juice. To add more fruit to your diet, try the following tips:



- Sweeten up low-sugar cereals with fresh fruit, such as bananas or strawberries
- Add dried fruits, such as cranberries and raisins to salads
- Instead of a milkshake, try a fruit-filled smoothie. Blend frozen fruit, low-fat yogurt and 100% fruit juice or low-fat milk and enjoy!
- Add fresh fruit, such as apples or berries, to low-fat yogurt or pudding

Apple and Bow Tie Salad

Preparation Time: 20 minutes

Serves 4 - 1 ½ cup servings

Ingredients

1 cup bowtie pasta, dry

1 large apple

2 Tablespoons orange juice

¼ cup shredded cheddar cheese, reduced fat

12 cherry tomatoes cut in half

4 cups romaine lettuce

1/3 cup light ranch salad dressing

Directions

Bring medium size pot of water to a boil and add bowtie pasta. Simmer 11 minutes until pasta is tender. Drain pasta and cool. Cut apple into quarters. Remove core and slice into ¼ inch pieces. Place apple slices into small bowl, add orange juice and stir so juice covers all apple slices. This keeps the apples from turning brown. Shred cheese. Cut tomatoes into halves. In large salad bowl, add romaine lettuce, tomatoes, apples with juice, cheese and pasta. Add dressing and toss, coating all ingredients. Serve and enjoy!

For more fruit and veggie recipes, visit www.fruitsandveggiesmorematters.org

Apple Crunch Encourages Healthy Snacking!

Show your support for healthy snacking by joining the Pennsylvania Advocates for Nutrition and Activity (PANA) on Wednesday, October 28. As a nationwide event, Apple Crunch is designed to promote healthy eating habits among today's youth and families. For event ideas and how you can promote Apple Crunch Day in your school or community, visit <http://www.nrgbalance.org/events/apple-crunch.cfm>

For more fruit information and recipes, visit:

www.fruitsandveggiesmorematters.gov

<http://www.dole5aday.com>



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