



C is for Cucumbers

Produce Tips

- Choose firm cucumbers with smooth skins. Avoid cucumbers that have blemishes.
- Store cucumbers in the refrigerator for up to five days in a plastic bag.
- Look for different varieties of cucumbers, like Apple, Lemon, Japanese, Persian, or English.
- Wash cucumbers before slicing.

Reference

Harvest of the Month. <http://www.harvestofthemonth.com/>
<http://www.fruitsandveggiesmatter.gov/month/cucumber.html>

Nutrition Facts

Serving Size: 1/2 cup cucumbers, sliced (52g)

Calories 8	Calories from Fat 0	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		1%
Sugars 1g		
Protein 1g		
Vitamin A 1%	Calcium 1%	
Vitamin C 3%	Iron 1%	

Source: www.harvestofthemonth.com

Recipe

VEGGIE TORTILLA ROLL-UPS

Makes 4 servings. 1 tortilla roll per serving.

Ingredients:

- 4 whole wheat tortillas (7-inch)
- 8 tablespoons (½ cup) nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper (any color)
- ½ cup chopped cucumber
- ¼ cup diced canned green chilies
- ¼ cup sliced ripe olives, drained

Preparation:

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving

Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

Recipe from

Harvest of the Month, Network for a Healthy California http://www.harvestofthemonth.com/download/Spring/Cucumber/Cucumber_Fam.pdf



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Children spend three hours per day watching TV. Ads can shape the way they think and want certain foods.

- TV commercials for children often show food and drinks that are high in fat, sugar, and salt.
- Too much screen time does not let children get their bodies moving and hearts pumping.
- Cereals shown on TV are often high in sugar and low in fiber.

Reference:

Food for Thought, Television Food Advertisement to Children in the United States. Kaiser Permanente Foundation Report, March 2007

Family Activity

Being active makes children more alert and ready to learn. Use every chance you can to get your child moving.

- Play on your favorite music and dance with your child.
- Make instruments out of household items (Fill a box full of pebbles, securely closed and taped, use the lids of two small pots).
- Create movement—mimic animals (rabbits hop and plants sway).