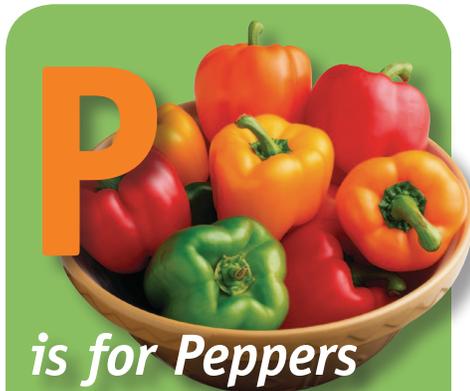


Tips for Parents of Preschool Children



is for Peppers

Produce Tips

- Look for peppers with firm, shiny, smooth skin, and green stems. Avoid peppers with broken skin or black spots.
- Store bell peppers in plastic bags in the refrigerator for up to one week.
- Wash bell peppers before eating or cooking.
- Bell peppers are an excellent source of vitamin C.

Sources:

<http://www.harvestofthemoth.com/> and
http://www.fruitsandveggiesmatter.gov/month/bell_pepper.html

Nutrition Facts

Serving Size: ½ cup chopped green bell pepper (74g)

Calories 15	Calories from Fat 1	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 2mg		1%
Total Carbohydrate 3g		1%
Dietary Fiber 1g		5%
Sugars 2g		
Protein 1g		
Vitamin A 5%	Calcium 1%	
Vitamin C 99%	Iron 1%	

Source: www.harvestofthemoth.com

Recipe

VEGETABLE QUESADILLAS

Makes 4 servings. 1 tortilla per serving

Ingredients:

- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced fat Cheddar or Monterey Jack cheese

Preparation:

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Source:

Champions for Change, *Network for a Healthy California*. <http://www.cachampionsforchange.net/en/docs/Lunch/Vegetable-Quesadillas.pdf>

Nutrition information per serving :

Calories 134, Carbohydrate 20 g, Dietary Fat 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

For more information, visit:

http://www.fruitsandveggiesmatter.gov/month/bell_pepper.html <http://cachampionsforchange.net>

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?

Spring break is a good time for families to go on road trips. Don't forget to eat healthy.

- Save money by packing your own fruit and vegetable snacks.
- Children get thirsty. Have enough water for all the family.
- Prepare snacks for the road and store them in a cooler with ice or frozen gel packs.
- If you stop at a fast food place, remind the children to make healthful choices.
- If you buy fast food specials, avoid supersized meals.

Family Activity

Welcome Spring. Fun outdoor activities to celebrate the arrival of spring!

- Include activities that help children move, walk, jump, and run.
- Blow bubbles and chase them until they pop.
- Play Old McDonald Says...
 - Hop like a rabbit
 - Gallop like a horse
 - Fly like a bird



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What I Can Do to Help My Child Be Active and Healthy at Home?

Why It Matters

Children learn in many ways, such as listening, looking, acting, doing, and repeating. They learn both at home and school. Teach them about eating well, choosing food and enjoying physical activity.

Produce in Season

Summer is in full swing in July. Gardens have plenty of fresh produce. Local produce in season includes bell peppers, cucumbers and peas. Bell peppers are a good source of vitamin C. Store bell peppers in a plastic bag for up to one week in a cool and dark space.



Physical activity helps build muscles and coordination. Your child needs at least 60 minutes of active play daily. Show them what they can do. Adults need 30 minutes of physical activity every day. You can get your activity by showing them how to do fun activities.

Ideas to Help My Child

Move more! Children copy what their parents and role models do. What can you do to help your child move more? Make physical activity part of your daily routine. You can make it fun!

1. One physical activity called *Moving in Different Ways* will get your child moving.
2. Talk to your child about moving in different ways: *forward, backward, and sideways*. You can add more movements. Show them how they can do the moves.
3. You do not need a large space to be active.
 - *Walk--forward, backward, sideways*
 - *Jump—forward, backward, sideways*
 - *Run--forward, backward, sideways*



Photos: Network for a Healthy California

What My Child Learned In School

It is summer and children have the chance to taste the many kinds of fresh produce in the school farmer's market. Walk the children to the school's Produce Market. Children tasted bell peppers as a snack. Children learned about the letter "P" for pepper. Also, about the different colors and tastes of peppers. They danced and celebrated *summer*.

Enjoy Your Time with Your Child.