

Tips for Parents of Preschool Children



is for Plums

Produce Tips

- Look for plums with solid color—red, purple, black, light green, or yellow.
- Choose firm plums.
- Store ripe plums in the refrigerator for up to five days.

Reference:

Harvest of the Month, http://www.harvestofthemonth.com/download/Summer/Plums/Plums_Fam.pdf



Nutrition Facts

Serving Size: 1 medium plum (66g)

Calories 30 Calories from Fat 2
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 3%

Dietary Fiber 1g 4%

Sugars 7g

Protein 0g

Vitamin A 5% Calcium 0%

Vitamin C 10% Iron 1%

Source: www.harvestofthemonth.com

Recipe

SAVORY GRILLED PLUM

Makes 8 servings. ½ plum each.

Ingredients:

- 4 plums

Preparation:

1. Wash the plums, cut them in half, and remove pits.
2. Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes.
3. Turn over the plums and cook for an additional 4 minutes.
4. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

Recipe adapted from:

Harvest of the Month, http://harvestofthemonth.com/download/Summer/Plums/Plums_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?

Kick the soda habit.

- Drinking soda can add to obesity and tooth decay.
- Soda has a lot of sugar, caffeine, and other things children do not need.
- Drink plain water often and have sweetened beverages as a special treat once in a while. Sweetened beverages should be 4-6 oz. of 100% fruit juice (label must say 100% fruit juice)
- Add fruits to water to give flavor, such as watermelon, lemon, and lime.

Family Activity

Meet your child's friends.

- Volunteer to lead games and physical activities at your child's school.
- Invite your child's friends over after school to make healthy snacks or read a book about fruits and vegetables.
- Get together with another family from school and play a friendly game of soccer.



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

Why It Matters

Children need to eat vegetables every day. Spring and Summer offer a great variety of seasonable vegetables. Children may try a vegetable if they see adults enjoy it. From eating, cooking or growing it, children enjoy watching and copying adults do these activities.

Produce in Season

Summer is a great season. A variety of fruits and vegetables are available. When fruits and vegetables are grown locally and sold in the market they smell good. Some people smell the fruit before buying them.

They also feel it to make sure it is ripe to eat. This month children tasted plums. Plums are a good source of fiber and vitamin C.



Children enjoy doing things as a family. Set aside time for you and your child to share in activities. Make it fun and always smile and laugh with your child.

Ideas to Help My Child

Children will learn about how plants grow, while doing some physical activity.

1. Start a garden with seeds from fruits or vegetables your family enjoys to eat.
2. Have your child help with the garden by picking weeds, watering plants and racking dirt.
3. Watch the plants grow. Get to know the plants by touching, exploring and smelling them.
4. Walk to the market. Show them the fruit or vegetable of the seed you planted.
5. When ripe for eating, have your child pick the fruit or vegetable. Have them help preparing the fruit or vegetable for eating.



Photos: Network for a Healthy California

What My Child Learned In School

Children learn about many seeds that grow a variety of plants. They learned that many of the foods we eat come from a plant. They pretended to plant seeds in the garden. The children moved their arms to dig in the soil. They used their small fingers to plant seeds and jumped to pick fruit from the tree. It was a fun activity and children learned about colors, shapes, and textures.

Enjoy Your Time with Your Child.