

Tips for Parents of Preschool Children



Produce Tips

- Choose peaches that are fragrant and firm to slightly soft when pressed.
- A red blush on a peach does not indicate ripeness. The background should be creamy or yellow color.
- Ripen at room temperature in a paper bag.

Nutrition Facts

Serving size:

1 medium peach (150g)

Calories 59 Calories from Fat 3

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 9%

Sugars 13g

Protein 1g

Vitamin A 10% Calcium 1%

Vitamin C 17% Iron 2%

Source: www.nutritiondata.com

Recipe

GOOD MORNING COBLER

Makes 4 adult servings at 1 cup each

Ingredients

- 2 fresh, sliced medium peaches or 1 (15-ounce) canned sliced peaches*
- 1 (15-ounce) canned pear halves*
- ¼ teaspoon almond extract
- ¾ cup low-fat granola
- ¼ teaspoon cinnamon

*Canned fruit packed in 100% fruit juices

Preparation

1. Combine peaches, pears, cinnamon, and almond extract in large microwave-safe bowl.
2. Top fruit mixture with granola.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.

Adapted from:

www.harvestofthemonth.com

Nutrition Information Per Serving:

Calories 163, Carbohydrates 36 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 44 mg, Dietary Fiber 4 g



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?

Involve your child in the garden.

- Gardening can provide fun and physical activity for the whole family.
- Growing vegetables and herbs can teach your child about new foods.
- Children like to taste food they grow.
- Your child can learn that plants need food and water to stay healthy.
- Let your child help you choose seeds or seedlings that are easy to grow, such as beets, carrots, cherry tomatoes, green beans, herbs. Choose those that your family can eat.

Family Activity

Keep your child active and Involved in the garden

- Children can help pull weeds with you.
- Ask your child to help you rake dry weeds, leaves, and make compost.
- Children can help you bring the soil you buy from the store and pour into pots or planter boxes.
- Your child can pick and help prepare vegetables when they are ripe.



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