

Tips for Parents of Preschool Children



Produce Tips

- Select cantaloupes with a sweet, fragrant smell and soft dent on stem.
- Avoid melons that are shriveled, cut, or cracked.
- Store on counter and eat within two days.
- Wash melons before cutting. Refrigerate cut melon in sealed container. Use within 3 days.

Nutrition Facts

Serving Size:

½ cup cantaloupe, cubed (80g)

Calories 27 Calories from Fat 0
% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	

Vitamin A 54% Calcium 1%
Vitamin C 49% Iron 1%

Source: www.harvestofthemoonth.com

Recipe

ICY FRUIT POPS

Makes 4 pops

Ingredients

- 2 cups cubed melon
- 1 cup 100% orange juice
- 4 (8-ounce) paper cups
- 4 plastic spoons (or craft sticks)

Preparation

1. Combine melons and orange juice in blender. Blend until smooth.
2. Pour into paper cups.
3. Freeze until thick and slushy (about one hour). Insert spoon, handle up, into cup.
4. To eat, remove from freezer and let sit for 10 minutes. Peel paper cup off and enjoy!

Adapted from:

Kids Get Cookin'! Network for a Healthy California, 2008.

Nutrition Information Per Serving:

Calories 55, Carbohydrates 13 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 13 mg, Dietary Fiber 1 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?

Take your child to the supermarket.

- Children can help do a food inventory before going to the store.
- Children can help prepare a shopping list.
- Walk through the fruits and vegetables aisle first. Talk to your child about the different colors, shapes, and smells of the produce.
- Buy seasonal produce. Let your child know that it costs less and is fresher.
- Buy produce that isn't pre-packaged. It usually costs less.

Family Activity

Summer is the perfect season for family outings.

- Try beach ball volleyball on a warm summer day.
- Try bowling on the beach or park. Arrange ten bottles in a triangle shape. Roll a beach ball to knock over the bottles.
- Take a family walk to collect shells. Try to get shells of the same shape.

Source:

www.healthycalifornia.ocde.us



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

Why It Matters

Families with children are busier than ever. Families with older children are on the move, taking them to organized games and school activities. Parents may have a difficult time finding special time to play with their young child. It might be better to include activities that keep them active as part of other family tasks.

Produce in Season

Summer is a perfect time to be outdoors. Watermelon is one of the popular summer fruit. Watermelon is part of the melon family. Watermelon and cantaloupe have a sweet aroma when they are ripe. Watermelon is a source of vitamin A.



Ideas to Help My Child

Children ages 3-5 are testing what they can do, that they could not do before. They are excited about learning new things. Here are some fun ideas to help make the family active.

1. When one child is playing soccer or baseball, you can go for a walk around the field with your young child. Another option is to bring along a Frisbee and play.
2. During TV ads, take turns choosing an exercise: sit-ups, push-ups, toe touches, and jumping jacks.
3. Show your child some outdoor games you played when you were a kid. Hide-and-go-seek, kick-the-can, whiffle ball, hopscotch or tag. Even if you play for only 10 minutes, you are getting exercise together.
4. Drink plenty of water. You may add some fun flavors such as:
 - Fresh-cut cucumbers
 - Add mint and lime juice
 - Squeeze of jalopy juice



Photos: Network for a Healthy California

What My Child Learned in School

Your child learned about the shapes and different colors of the melon. They also compared how far balls of different sizes rolled down. They sang and dance the watermelon dance. Dance is not only fun, but it is also good for your health.

Enjoy Your Time with Your Child.