



Harvest of the Month

Health and Learning Success Go Hand-in-Hand

Help your child make the grade with **Harvest of the Month**. Explore, taste and learn about eating more fruits and vegetables and being active every day.

The **Harvest of the Month** featured vegetable is

Carrots



Produce Tips

- Carrots are in season all year long.
- Look for long, thick, deep-orange carrots. Make sure they have no bumps or cracks.
- Avoid carrots that are wrinkled or soft.
- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- If you buy carrots with the green tops still on, break off the tops and rinse the carrots.
- Do not store with fruits. Fruit gives off a natural gas that can make vegetables go bad.

For more ideas, visit:

www.eatwellbewell.org

VEGETABLE QUESADILLAS

Ingredients:

(Makes 4 servings at 1 quesadilla each)

1 large carrot, grated

1 zucchini, grated

8 flour tortillas

¾ cup shredded cheese

Bottled hot sauce, to taste

1. In a bowl, mix carrot and zucchini.
2. Sprinkle ½ cup mixture over four tortillas. Top each with 3 tablespoons cheese. Add hot sauce.
3. Cover with a second tortilla.
4. Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan and cook 1 minute.
5. Turn over and cook 1 minute longer or until cheese melts.
6. Cut each quesadilla and serve warm.

Adapted from: Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.

Healthy Help

- Grow your own healthy food. Plant a garden. Gardening is a great physical activity.
- Encourage your child to eat the school breakfast and lunch. School meals offer fruits and vegetables every day. Ask your child's teacher or call the school district's main office for more information.
- Let your child be the teacher and tell you why eating fruits and vegetables is important.

Nutrition Facts

Serving Size 1 cup, chopped
(128g)

Amount per Serving

Calories 52 Calories from Fat 3

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 88mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **14%**

Sugars 6g

Protein 1g

Vitamin A 308% Calcium 4%

Vitamin C 13% Iron 2%

Source: www.nutritiondata.com

Let's Get Physical!

- It is important that your child gets outside. Daily physical activity may help improve your child's focus and test performance.
- Take your child on a scavenger hunt at a local park. See how many different types of plants and trees your child can find.
- Go for family walks after dinner.

For more physical activity ideas, visit:

www.kidnetic.com

www.verbnow.com

Helping Your Kids Eat Healthy

- Buy baby carrots to take with you for an easy, on-the-go snack.
- Add raw carrot sticks as a crunchy side dish at lunch.
- Grate carrots into salads and over soups to add a crunchy, sweet flavor.
- Carrots are a great addition to any meal. They can be eaten whole, sliced into sticks, cut into rounds, chopped or shredded. Ask your child to help think of fun ways to include carrots in family meals.

For more ideas, visit:

www.harvestofthemoth.com

This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

Arizona Nutrition Network

