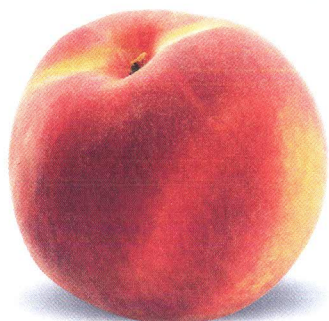


Harvest of the Month

Network for a Healthy California

Botanical name: *Prunus persica*



PEACHES

Circle all meals that have peaches in them.

- How many meals did you find?
- Are there other kinds of stone fruit on the menu (plums, apricots, cherries)?
- What is your favorite stone fruit?

Neighborhood House Association



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Maria's Famous Chili, Whole Wheat Crackers, Bean Salad, Broccoli & Carrot Slaw, Pear Ice Cream, & Milk	Curried Chicken Salad Sandwich, California Salad, Orange, & Milk	Beef Taco Salad, Romaine Lettuce, Beans, Roasted Corn, & Salsa, Tortilla Chips, Apple, & Milk	Sesame Noodles with Chicken & Vegetables, Peaches, & Milk	Swiss Egg Scramble, English Muffin, Spinach-Cranberry Salad, Orange, & Milk
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Chicken Fajitas, Corn Tortilla, Black Beans, Cilantro Cabbage Salad, Canned Pears, Ice Cream, & Milk	Mediterranean Egg Salad Sandwich, Italian Salad, Orange & Milk	Shredded Beef & Egg Burrito, Whole Wheat Tortilla, Roasted Potatoes & Carrots, Canned Pears & Milk	Oven Baked Chicken, Pasta Salad, Carrot & Broccoli Slaw, Pear, & Milk	Sweet Potato & Lentil Soup, Spring Salad, Multi-grain Crostini, Banana, & Milk
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Turkey Cranberry Sandwich, Potato Salad, Orange, & Milk	Rotini alla Bolognese, Caesar Salad, Mango, & Milk	Chicken Gumbo, Brown Rice, Cajun Chilled Black Eyed Peas, Canned Pears, & Milk	Chef's Surprise	Bean Taco with Pico de Gallo, Spring Salad, Sliced Apples, & Milk
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Chilled BBQ Chicken Wrap, Whole Wheat Tortilla, Baked Beans, Orange, Ice Cream, & Milk	Grilled Chicken Pasta Salad, Peaches, Sesame Slaw, & Milk	Beef Picadillo, Brown Rice, Whole Wheat Bread, Cumin Carrots, Orange, & Milk	Roasted Turkey, Multi-Grain Roll, Potato Salad, Spinach-Cranberry Salad, Pear & Milk	Black Bean Chili, Corn Tortillas, California Salad, Banana, & Milk
Monday 29	Tuesday 30	Donation Amount \$2.00 Congregate Senior (60 years or older) \$5.00 Non-Senior		June 2015 Senior Nutrition
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, Ice Cream, & Milk	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple, & Milk			

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This program is supported by the Older Americans Act Funds through San Diego County Aging & Independence Services

No eligible person shall be denied a meal because of failure or inability to contribute.

We do not discriminate because of race, color, sex, handicap, or national origin

EAT PEACHES



Nutrition Facts

Serving Size: ½ cup peaches, sliced (77g)	
Calories 30	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

Eat a Peach

Peaches are full of healthy stuff — vitamin A, vitamin C, fiber, and potassium. Write down four different ways you can add peaches to your meals and snacks.

1. _____
2. _____
3. _____
4. _____

My favorite way to eat a peach is:

Fun Fact

A nectarine is a type of “fuzzless” peach with a smooth skin.

Peach Scramble

Write down as many new words as you can make from the letters in PEACHES. (Example: pea, has)

I found _____ words.

Reasons to Eat Peaches:

Eating a ½ cup of peaches will give you vitamin C. Peaches also have fiber and vitamin A. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

Fiber Champions*:

Avocados, beans, berries, broccoli, papayas, sweet potatoes, whole wheat bread, whole wheat cereal, and winter squash.

*Fiber Champions are a good or excellent source of fiber (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Add color to your plate with fruits and vegetables from each of the color groups – red, yellow/orange, green, blue/purple, and white/tan/brown. This will help you get the nutrients your body needs – so you can grow healthy and be strong.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

