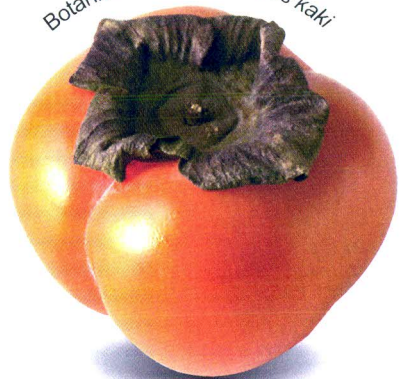


Harvest of the Month

Network for a Healthy California

Botanical name: *Diospyros kaki*



PERSIMMONS

Circle all meals with orange fruits and vegetables in them.

- How many did you find?
- What is your favorite orange fruit?
- What is your favorite orange vegetable?
- How many orange fruits and vegetables will you eat this month?

Neighborhood House Association

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Rice Chex, Pear, & Milk	Bran Muffin, Apple, & Milk	Toasted Oats, Banana, & Milk	English Muffin, Apple Cinnamon Cream Cheese, Cantaloupe, & Milk	Kashi Heart to Heart, Peaches, & Milk
Turkey Cranberry on Wheat Berry Bread, Potato Salad, Orange, & Milk	Rotini alla Bolognese, Caesar Salad, Persimmon, & Milk	Chicken Gumbo, Creole Red Beans, Corn Muffin, Pear, & Milk	Pesto Pasta with Chicken, Roasted Turmeric Cauliflower, Orange, & Milk	Bean Taco with Pico de Gallo, Spring Salad, & Milk
Blueberry Mint Smoothie, Graham Cracker	Edamame Hummus with Carrot Sticks & Water	Sweet Potato Yogurt, Graham Crackers, & Water	Gingered Mango Fruit Cup & Milk	Herbed Cottage Cheese with Whole Wheat Cracker & Water
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Corn Chex, Pear, & Milk	English Muffin, Raspberry Cream Cheese, Orange, & Milk	Holiday	Multi-Grain Bagel, Cream Cheese, Persimmon, & Milk	Kashi Strawberry Fields, Peaches, & Milk
Chilled BBQ Chicken Wrap, Baked Beans, Orange, & Milk	Grilled Chicken Pasta Salad, Cantaloupe, Harvest Salad, & Milk		Roasted Turkey, Multi-Grain Roll, Potato Salad, Spinach-Cranberry Salad, & Milk	Black Bean Chili, Corn Tortilla, California Salad, Banana, & Milk
Salsa with Tortilla Chips & Water	Carrot Sticks with Sesame Dip & Milk		Apple & Milk	Granola-Blueberry Yogurt Parfait & Water
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Corn Chex, Pear, & Milk	Bran Muffin, Apple, & Milk	Honey Granola, Banana, & Milk	English Muffin, Tropical Mango Cream Cheese, Pear, & Milk	Kashi Heart to Heart, Peaches, & Milk
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & Milk	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Watermelon, & Milk	BBQ Beef Burger on Mini Bun, Chopped Salad, Orange, & Milk	Oven Roasted Turkey with Gravy, Mashed Potatoes, Sage Stuffing, Green Beans & Creamy Mushrooms, Cranberry Orange Sauce, Pumpkin Pie, & Milk	Tuna Salad Sandwich on Wheat Berry Bread, Spring Salad, Persimmon, & Milk
Cilantro Hummus with Carrot Sticks & Water	Southwestern Egg Salad with Whole Wheat Crackers & Water	Herbed Cottage Cheese with Celery Sticks & Water	Graham Crackers, & Milk	Chilled Harvest Applesauce & Milk
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Rice Chex, Orange, & Milk	Corn Chex, Apple, & Milk	Toasted Oats, Banana, & Milk	Holiday	Holiday
Maria's Famous Chili with Whole Wheat Crackers, Bean Salad, Broccoli Slaw, & Milk	Curried Chicken Salad Sandwich, California Salad, Orange, & Milk	Beef Taco Salad, Romaine Lettuce, Beans, Roasted Corn, & Salsa, Tortilla Chips, & Milk		
Apple & Milk	Roasted Garlic & Rosemary Bean Soup, Whole Wheat Cracker, & Water	Sweet Cottage Cheese with Golden Raisins & Cranberries, Graham Crackers, & Water		
Monday 30	Toddler Accommodations			
Corn Chex, Pear, & Milk	Lettuce---Peas			
Chicken Fajitas, Corn Tortilla, Black Beans, Cilantro Cabbage Salad, & Milk	Spinach---Broccoli			
Persimmon & Milk	Pears---Soft Pears			
	Apples---Applesauce			
	Pineapple---Pineapple Tidbits			
	Tortilla Chips---Soft Tortilla			
	Celery Sticks---Soft Celery Sticks			

NOVEMBER 2015



EAT YOUR PERSIMMONS

Exploring New Fruits and Vegetables

List four fruits and four vegetables you would like to try.

Fruits	Vegetables
1.	1.
2.	2.
3.	3.
4.	4.

Use the calendar below and place an X in the box for each day you tried at least one of the fruits or vegetables from your list.

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1							
2							

Share the results with your family and answer these questions.

1. How many new fruits and vegetables did you try? _____

2. Which are your favorites? _____

Reasons to Eat Persimmons

Half of a medium persimmon has lots of vitamin A. Eating persimmons is also a good way to get fiber and vitamin C. Persimmons have many antioxidants like beta-carotene, which turns into vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

Beta-Carotene Champions*:

Cantaloupe, carrots, mangos, papayas, persimmons, pumpkin, spinach, and sweet potatoes.

*Champion sources provide a rich source of beta-carotene.

How Much Do I Need?

Half of a medium persimmon is about one cupped handful of sliced persimmons. This is about a ½ cup of fruit. The amount of fruits and vegetables you need depends on your age, if you are a boy or a girl, and how active you are every day. All forms count toward your daily needs – fresh, frozen, canned, and dried. Write down a list of fruits and vegetables you will eat to reach your daily amount. (See chart below.) And remember to get at least 60 minutes of activity every day.

Recommended Daily Amount of Fruits and Vegetables**

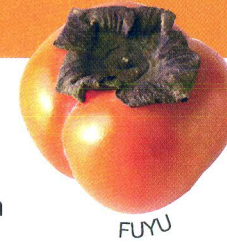
	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

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

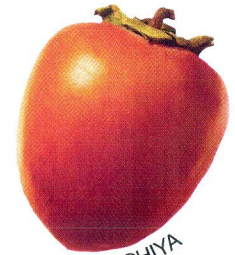
Visit www.mypyramid.gov/kids to learn more.

Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%



FUYU



HACHIYA



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
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