# Fun With Food and Fitness 

First-grade nutrition education newsletter

## Focus on fruits!

Fruits have many vitamins and minerals that help keep us healthy. Choose a variety of colorsorange, yellow, red, green, blue and purple. Fruit is fantastic fresh(in season), canned in light juice, frozen with no added sugar or dried.

Try these tips to help you and your child eat a variety of colorful fruits every day:

- Top off a bowl of cereal with berries.
- Make a smiley face with sliced bananas for eyes, raisins for a nose and an orange slice for a mouth.
- Carry an apple or orange with you for a snack.
- Try a new fruit each week for a month.



## What can you do to help your

 child choose a variety of fruits?- Children learn by watching you. If you eat fruits, they will, too!

Let your kids be "produce-pickers." Help them pick fruits at the store.

- Go to www.seasonalandsimple.info or download the free Seasonal and Simple app to find farmers markets near you and great recipe.
- Children love to be involved in preparing food. Make the recipe on the back of this newsletter together.


## Want your kids to reach for a healthy snack? Make sure fruits are in reach. Have washed fruits in a bowl for easy snacking.

## Kids in the Kitchen

Your child gets to help by:

- washing the fruits
- choosing the type of fruit for the fruit pops


## Recipe

## Frozen Fruit Pops

## Ingredients:

- Fresh, canned (in juice) or frozen fruit that has thawed


## Supplies:

- Popsicle sticks
- Ice cube trays, small paper cups or frozen fruit pop molds


## Directions:



1. Wash hands and surfaces.
2. If using fresh fruit, peel and remove the seeds. Cut fruit into chunks. Put the fruit into the blender and blend until smooth.
3. Pour blended fruit into ice cube trays, small paper cups or frozen fruit pop molds. Leave a little room for the juice to expand as it freezes.
4. Put popsicle sticks into juice when it is almost frozen, so that sticks will stay upright.
5. Let kids serve themselves when juice pops are frozen.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.

