

JULY 2021, ISSUE 3: FRUIT

# SUMMER SPLASH

NUTRITIONAL DEVELOPMENT SERVICES SUMMER MEALS PROGRAM



## ***WELCOME!***

WELCOME TO THE NUTRITIONAL DEVELOPMENT SERVICES (NDS) SUMMER MEALS PROGRAM! WE ARE THRILLED THAT YOU ARE PARTNERING WITH US TO PROVIDE CHILDREN WITH NUTRITIOUS AND DELICIOUS MEALS ALL SUMMER!

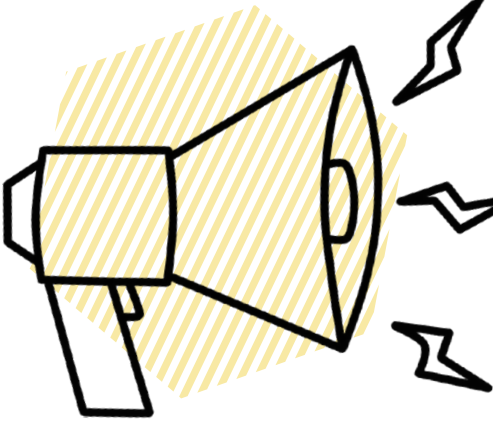
### **FRUIT RIDDLES**

1. I can be red or green. I am grown on a vine. I'm dried to make raisins or squeezed to make wine. What am I?
2. My color is yellow and I grow on trees. I'm a popular fruit among monkeys. What am I?
3. I am a fruit whose name sounds like there might be two of me. In a Christmas song, there is a partridge in this kind of tree. What am I?
4. You'll eat this fruit with turkey to help fill up your belly. It sometimes comes as a sauce and sometimes it's a jelly. What is it?

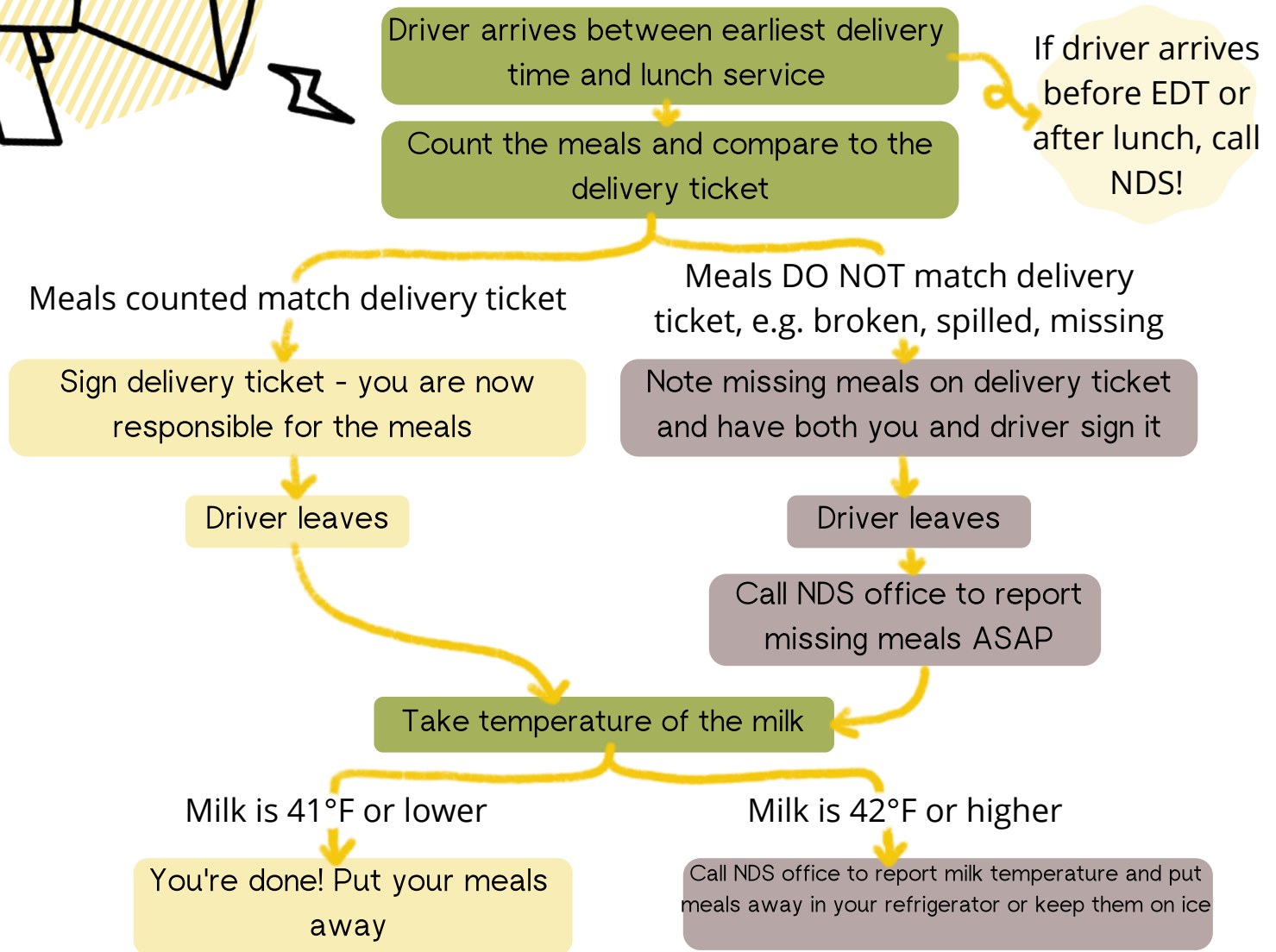
(Answers on page 4).

## *this week's issue:*

- Welcome - 1
- Receiving deliveries & different ways to eat fruit - 2
- Popular Summer Fruits - 3
- Match the Fruit! activity & Fruit Nutrition Facts - 4



# RECEIVING *step by step* DELIVERIES



Eating fruit is a great way to have a sweet treat while still getting important nutrients. But you don't just have to eat them plain—try these different preparations to put a spin on your fruit-eating experience.

**Frozen** - Freezing fruit is a great way to make it more refreshing, and it almost tastes like water ice! You can also blend frozen fruit with your favorite juices to create a "slushy." And it's easy — just pop some berries or grapes in the freezer and you'll soon have a delicious frozen treat.

**Spreads and Dips** - Just like veggies and ranch are a great combination, there are plenty of spreads and dips that taste amazing with fruit. Try eating bananas with peanut butter for a nutrient-packed snack, and if you want a sweet treat, try strawberries & whipped cream or carrots & hummus. sauce or whipped cream.

**Fruit Skewers** - Choose your favorite fruits and arrange them onto a skewer. Cover them with anything you like — you could try a Mexican seasoning or enjoy it with a simple dip made of greek yogurt, honey, lemon juice, and vanilla extract.



# Popular Summer Fruits!

## WATERMELON

Did you know that watermelons with a brighter red inside are more nutritious than those that are lighter in color? This popular summer fruit has several health benefits due to its nutrient content. Watermelons contain:

- Vitamin A - improves eye health
- Vitamin C - improves wound healing & helps our immune system function

Additionally, did you know that watermelons are mostly made up of water? Therefore, watermelons are extremely hydrating! While the most refreshing and hydrating way to eat watermelon may be cold and simply plain, you can try spicing up your watermelon game by chopping it up and mixing it with some feta, or even by literally sprinkling some spices on it!

## PEACHES

Peaches contain:

- Vitamin C - helps our immune system
- Vitamin E - Aids in keeping our immune system healthy

How do you know if a peach is good to eat? The sweeter a peach smells, and the softer the peach feels, the riper it is! It is a good idea to leave peaches on the countertop while they ripen. Once ripe, move them into the refrigerator. Like watermelons, while peaches are absolutely delicious eaten plain, there are several ways you can get creative with them like baking them or adding them to a smoothie. If you aren't a fan of the unique fuzzy outside of a peach but enjoy the taste, you should check out nectarines - a close relative of peaches!

## RASPBERRIES

Don't underestimate the small size of raspberries, they are packed with nutrients & have great health benefits! Raspberries contain:

- Vitamin C - supports our immune system, prevents & repairs damage done to our skin by the sun, which is super important when spending summer days outdoors!
- Potassium - keeps our heart beating
- Manganese- helps to keep our bones strong

When eating raspberries, you may enjoy them plain or use them to spruce up some of your other favorite recipes: Top yogurts/oatmeal with them; add them into pancakes/muffins/waffles; or sprinkle them with brown sugar, flour, and butter to make a raspberry crumble!

## CHERRIES

Did you know that the best time to eat cherries is in the months of June and July? Cherries contain:

- Vitamin C - supports immune health
- Rich in antioxidants which help repair cell damage

When picking out cherries, those that are darker in color are typically sweeter. This summer, you may want to try adding cherries to fruit and yogurt bowls or blending them into a smoothie. Regardless of how you choose to eat them, be sure to watch out for the pits!

# An Apple a Day...

Did you know that people who eat more fruits and vegetables are less likely to develop chronic illnesses such as heart disease, diabetes, cancer, etc.? This is because fruits and vegetables provide us with vitamins and minerals that are important to maintaining our health. Different fruits provide us with different nutrients, so that is why it is important to eat a variety of different fruits. I am sure you have been told to “eat the rainbow.” Eating fruits of different colors will help to ensure that you are consuming a variety of vitamins and minerals that are essential for good health. See what fruits you can add to the rainbow below!

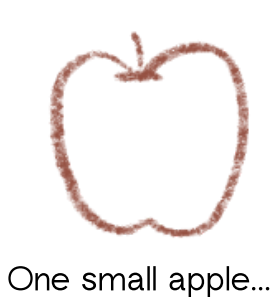
- Red: strawberries, raspberries, cherries
- Orange: oranges, peaches/nectarines mango
- Yellow: bananas
- Green: apples, kiwi
- Blue: blueberries
- Purple: plums, grapes

Fruits, like vegetables, are also an excellent source of fiber, which helps us to maintain a healthy weight and regulate our digestion. Most Americans do not eat enough fiber!

How much fruit should I be consuming daily? The exact amount of fruit one should be eating daily depends on age, sex, height, weight, and physical activity level. That said, there are general guidelines to follow:

- 2-4 years old - 1-1.5 cups
- 5-8 years old - 1-2 cups
- 9-13 years old - 1.5-2 cups
- 14-18 years old - 1.5-2.5 cups

What does 1 cup of fruit even look like? Check out these comparisons to get a better idea of how much fruit you are eating! Eating “1 cup of fruit” may be:



NDS breakfast contains 1 cup of fruit & lunch contains 1/2 cup of fruit!

Regardless of how you choose to eat your fruit, be sure to eat a variety to make sure you are getting all of the different vitamins and nutrients!

**FRUIT RIDDLE ANSWERS (PAGE 1) : 1. GRAPE 2. BANANA 3. PEAR 4. CRANBERRY**



[@summermealsnds](https://www.summermealsnds.org)

CLICK THE  
ICONS TO  
FOLLOW US!

Nutritional Development Services  
222 North 17th Street, Philadelphia, PA 19103  
Phone: 215.895.3470  
Fax: 215.895.0830  
<http://nutritionaldevelopmentservices.org>