

Harvest of the Month



Network for a Healthy California
March

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



Snow Peas

Health and Learning Success Go Hand-in-Hand

Celebrate National School Breakfast Week in March. Eating breakfast can give your child the energy to grow and go. Children who eat breakfast feel better, have fewer absences from school and do better in school. Use **Harvest of the Month** to help your family power up with breakfast, eat more fruits and vegetables and be active every day.

Produce Tips: Sugar Snap and Snow Peas

- Look for firm, bright green pods.
- Store fresh peas in the refrigerator — unwashed and in an open plastic bag.
- Rinse peas before using.
- Pinch stem or cut off ends.

Helping Your Child Eat Healthy

- Add cooked green peas to soups, casseroles and rice.
- Use frozen peas year-round.
- Serve raw snow and sugar snap peas for a crunchy snack.
- Use snow and sugar snap peas in vegetable stir-fries.
- Heat leftover rice with dried fruit, lowfat milk and cinnamon for breakfast.
- Wrap up sliced bananas and peanut butter in tortillas.
- Serve lowfat milk, 100 percent fruit juice or water with meals.
- Be a role model — eat breakfast with your child.

For more ideas, visit:

www.schoolnutrition.org

MEXICAN RICE

Ingredients:

(Makes 6 servings at ¾ cup each)

- 1 tablespoon vegetable oil**
- 1 cup onion, chopped**
- 1 (14½-ounce) can low-sodium chicken broth**
- 1 cup white rice**
- ¾ cup tomatoes, chopped**
- ½ teaspoon chili powder**
- ¼ teaspoon salt**
- 1 cup frozen peas and carrots mix**
- 1 cup frozen corn, thawed**

1. Heat oil in saucepan over medium heat.
2. Add onions and sauté until soft, about five minutes.
3. Stir in broth, rice, ½ cup tomatoes, chili powder and salt. Bring to a boil.
4. Reduce heat and simmer according to rice package instructions.
5. Stir in vegetables and let stand five minutes.
6. Spoon remaining tomatoes over top and serve warm.

Adapted from: *Healthy Latino Recipes Made With Love*, Network for a Healthy California, 2008.

Nutrition Facts

Serving Size: ½ cup green peas, cooked (80g)

Amount per Serving

Calories 62 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 58mg 2%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 18%

Sugars 4g

Protein 4g

Vitamin A 34% Calcium 2%

Vitamin C 13% Iron 7%

Source: www.nutritiondata.com

Let's Get Physical!

- Make family time active time. Plan at least one activity each week (e.g., go for a bike ride, play basketball or soccer, take a walk).
- Get your child moving in the morning — turn on the radio and dance. Then power up with a healthy breakfast.
- Feeling tired after school or work? Get up and get moving. It will help energize your body.

For more ideas, visit:

www.fns.usda.gov/eatsmartplayhard/

How Much Do I Need?

A serving of peas is about one-half cup cooked green or edible-pod peas. This is about one cupped handful. Eating a variety of colorful fruits and vegetables throughout the day will help you and your child meet your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



Kev **Sau Qoob Lub Hlis No** yog txog

Taum Mog

Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog Muaj Noj Txij Txhua Kom Txaus Thiab.

Sib koom ua kev nco txog Lub Plua Noj Tshais Tom Tsev Kawm Ntawv(National School Breakfast Week) nyob rau lub Peb Hlis no. Ua tshais rau koj tus me nyuam noj yuav pab tau nws qhov kev loj hlob thiab qhov muaj zog thiab lub cim xeeb zoo. Cov me nyuam kawm ntawv tus uas tau tshais noj yeej nyob tau kab ntsab dua, yeej tsis tshua ncuu kev mus kawm ntawv heev thiab yeej kawm tau ntawv zoo dua. Saib daim ntawv qhia kev **Sau Qoob Raws Hli** los pab koj tsev neeg kom nquag ua tshais noj, kom xyaum noj txiv hmab txiv ntoo thiab zaub kom ntau dua qub thiab kom nquag siv lub cev ua hauj lwm hom khaj txhua hnuv.

Kev Tu Cia: Taum Mog Qab Zib(Sugar Snap) thiab Taum Mog Tsuag(Snow Peas)

- Xaiv cov pluav taum uas khov kho thiab ntsuab tshiab tshiab xwb.
- Txhob tsuag cov pluav taum mog de tshiab tshiab los, cia li muab ntim rau hauv hnab yas muab qhib ncauj hnab tso rau hauv txee txias (refrigerator) xwb.
- Nco ntsoov muab txhem kom zoo thiab muab tsuag dej huv si mam ua noj.

Ua Kom Me Nyuam Nyiam Noj Zaub

- Muab pluav taum mog hau xyaw nqaij, kib xyaws lwm yam zaub, muab cov noob kib xyaw mov noj.
- Muaj pluav taum mog nyob hauv freezer tau noj thawm niaj thawm xyoo tib si.
- Noj pluav taum mog qab zib nyoos ntsw lwm yam txom ncauj.
- Muab cov pluav taum mog tsuag thiab cov pluav taum mog qab zib kib xyaw lwm yam zaub thiab nqaij noj qab heev.

Cov qauv ua tshais rau me nyuam noj

- Muab mov do xyaw tej txiv hmab txiv ntoo qhuav, tim mis nyuj tsis muaj roj xyaw thiab

phoo hmoov tawv ciam phim (cinnamon) xyaw noj tshais.

- Muab khob cij los sis tortillas pleev txiv laum huab xeeb zom thiab muab txiv tsawb hlais qhwv noj.
- Cia me nyuam haus cov mis tsis muaj roj, haus kua txiv hmab txiv ntoo 100% los sis dej dawb.
- Xyaum ua ib tug qauv zoo-noj tshais nrog koj tus me nyuam.

Xav tau tswv yim ntxiv, mus saib:

www.schoolnutrition.org

Sib Koom Siv Lub Cev Mus Hom Khaj!

- Nrhiav hauj lwm rau tsev neeg ua. Yam tsawg kawg nkaus yuav tsum teev ib yam los ua kom tiav rau ib lim piam twg (piv xam li, caij tshab kauj vab, ntaus pob los sis ncaws pob thiab taug kev).
- Thaum sawv ntxov tseem los yuav tsum kom me nyuam siv lub cev dhia hom khaj ua ntej noj tshais.
- Yog mus kawm ntawv thiab mus ua hauj lwm los es lim lim yuav tsum txhob zaum, sawv mus ncig. thiaj li yuav ua rau koj lub cev sib tuaj.

Xav tau tswv yim ntxiv, mus saib:

www.fns.usda.gov/eatsmartplayhard/

Yuav Noj Taum Mog Ntau Npaum Li Cas Thiaj Txaus Lub Cev?

Ib zaug twg noj cov noob taum mog li ib nrab khob- hauv cov pluav taum mog noj tib sis los tau. Muab yeem ces yog ib txhais tes puv ncaus. Nco ntsoov noj cov txiv hmab txiv ntoo thiab zaub uas muaj ntau yam kob (xim) txhua txhua hnuv xwb ces yeej pab tau koj thiab koj tus me nyuam lub cev txaus lawm.

