

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.

