

# Harvest of the Month

Network for a Healthy California



**STRAWBERRIES**

**Seasonal fruits and vegetables featured daily on our Choice Bar and included with every meal!**

# April 2021 Curbside Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Curbside Pickup Day</b>		<b>Curbside Pickup Day</b>	
	Pancake Bowl		Cinnamon Breakfast Crumble Kit	
	Mini Pancake		Cereal and String Cheese Meal	
	Soft Pretzel Meal		Bagel and Cream Cheese	
	Heat at Home: Bean and Cheese Burrito		Cold Pack Grab and Go Meal	
			Sunflower Seed Power Pack	
			Heat at Home: Grilled Cheese Sandwich	

Curbside meals available for pickup Tuesday and Thursday at:

Skyridge Elementary School  
800 Perkins Way  
Auburn, CA 95603

Rock Creek Elementary School  
3050 Bell Road  
Auburn, CA 95603

E.V. Cain Middle School  
150 Palm Ave.  
Auburn, CA 95603

**Wonderful White (1% unflavored) and Charming Chocolate (fat-free flavored) Milk Offered With Every Meal!**

**Menu Subject to Change Without Notice**

# EAT STRAWBERRIES

Nutrition Facts	
Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%



## Strawberry Word Search

Find the words below in the puzzle. Look up, down, sideways, and backwards.

S	U	O	I	C	I	L	E	P	I	C	E	R	I
H	T	U	V	R	C	R	P	R	G	D	B	E	R
E	E	R	D	O	N	I	E	E	O	D	E	K	H
Y	E	Z	A	P	S	E	E	D	S	V	S	M	T
B	W	A	S	W	D	E	T	N	A	S	L	K	I
V	S	C	N	Y	B	A	S	E	E	U	R	I	U
B	R	A	S	P	B	E	R	R	Y	A	I	N	R
S	K	S	R	L	F	N	R	A	R	C	P	R	F
R	S	N	B	C	A	L	I	R	E	S	E	Y	W
I	B	W	S	N	K	S	O	H	Y	T	N	L	A
T	I	K	I	Y	R	R	E	B	K	C	A	L	B
A	G	B	W	V	E	T	R	O	Y	I	C	A	L
T	H	D	A	A	B	L	U	E	B	E	R	R	Y
Q	I	E	X	O	I	I	E	M	R	L	R	A	N

- STRAWBERRY
- BIG
- SEEDS
- BLUEBERRY
- SWEET
- CROP
- BLACKBERRY
- RED
- RECIPE
- RASPBERRY
- FRUIT
- RIPEN

## Reasons to Eat Strawberries:

Eating a ½ cup of strawberries will give you lots of vitamin C. Vitamin C helps your body heal cuts and wounds. It can also help your body fight infection. You can enjoy strawberries fresh, frozen, and even dried – and with any meal or snack!

## Vitamin C Champions\*:

Bell peppers, broccoli, cantaloupe, cauliflower, citrus fruit (like oranges and grapefruit), kiwifruit, leafy greens, and strawberries.

\*Vitamin C Champions are an excellent source of vitamin C (provide at least 20% Daily Value).

## How Much Do I Need?

A ½ cup of sliced strawberries is about four large strawberries. This is about one cupped handful. 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. Look at the chart below to find out how much you need. Eating the right amount of fruits and vegetables every day will help you grow healthy and strong. You also need to get at least 60 minutes of physical 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](http://www.mypyramid.gov/kids) to learn more.

## Test Your Strawberry IQ

(answers below)

- On average, there are about \_\_\_\_\_ tiny seeds on every strawberry.  
A) 25    B) 100    C) 200    D) 500
- Strawberries are the highest in which vitamin?  
A) Vitamin A    B) Vitamin B<sub>6</sub>    C) Vitamin C
- Which state produces the most strawberries in the United States?  
A) Ohio    B) Florida    C) Colorado    D) California

Answers: 1. C; 2. C; 3. D



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2011.

