



Life's a rainbow — a rainbow of fruit colors

Choose a variety of fruits in different colors:

- Red: strawberries, watermelon, apples
- Orange: cantaloupe, orange, peach
- Yellow: pineapple, banana
- Green: honeydew melon, grapes
- Blue: blueberries
- Purple: grapes, plums

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." Let them help pick fruits they would like to eat at the grocery store or from advertisements.

- Go to your local farmers market to expose your child to new fruits. Find a farmers market at <http://seasonalandsimple.info/>.
- Children can learn about healthy eating and becoming more active from reading books. Want to find books on those topics to read with your child? Go to our Goodreads account <http://umurl.us/OLPI> (Case-sensitive URL)
- Children love to be involved in preparing food. Try making the recipes in 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.

Nature's candy box

Children love fruit because it is naturally sweet. Fruit is also a good source of vitamins A and C and fiber.

Choose fruit that is fresh, frozen or canned in 100-percent fruit juice.



Kids in the Kitchen

Your child gets to practice skills like:

- peeling the banana
- spreading peanut butter

Your child gains other important skills by cooking with you. They learn to communicate and work as part of a team. They also learn to follow directions. These skills will help them in school.

Recipes

Frozen Banana-O's

Ingredients:

- Bananas
- Peanut butter
- Crushed cereal such as whole-grain cornflakes or low-fat granola
- Toothpicks

Directions:

1. Wash hands and surfaces.
2. Peel a banana and cut into thick slices. Stick a toothpick into one end and spread peanut butter on the banana.
3. Roll banana in cereal and place on plate. Freeze for several hours.
4. Before serving, let stand at room temperature for 5 minutes.

Caution! Before eating, take out toothpicks so young children don't eat them.



Sunshine Slushy

(Makes 2 servings)

Ingredients:

- 1 cup 100-percent pineapple juice
- 1 medium sliced carrot
- 2–3 ice cubes

You will need a blender.

Directions:

1. Wash hands and surfaces.
2. In the blender, add sliced carrot, pineapple juice and ice cubes. Blend at high speed until smooth and slushy.
3. Refrigerate leftovers.

Source: *The Food Express*

Find more information and view videos on how moms are helping their families eat healthier foods at fns.usda.gov/core-nutrition/especially-moms-0.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance