

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Peach



You can find POW! info sheets on the EHHD website!
www.ehhd.org
Look for
Produce Of the Week

What fruit is also used to describe a pleasant person?

Peach!

- ⇒ Look for peaches with smooth, firm and brightly colored skin
- ⇒ A good peach will have a sweet, flowery scent
- ⇒ Never buy a green peach as it will not fully ripen
- ⇒ Store peaches at room temperature & eat in 1 to 2 days

Nutrition Facts:

- ◆ **One medium peach is one serving**
- ◆ **One serving contains about 60 calories**
- ◆ **Good source of vitamin C and dietary fiber**

Did you know?

August is National Peach Month!

California produces more than 50% of the peaches in the US. And they grow more than 175 varieties!

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 7



Day 2



Day 4



Day 6

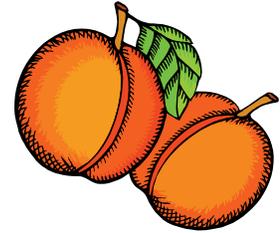


Try these delicious, nutritious and healthy recipes!

Grilled Peaches

INGREDIENTS

- 2 firm, ripe freestone peaches, halved and pitted
- 4 tablespoons barbeque sauce



DIRECTIONS

1. Preheat grill for medium heat and lightly oil the grate.
2. Slice flesh-side of peach halves diagonally about 1/4-inch deep, twice in each direction.
3. Drizzle flesh-side of each peach half with barbeque sauce; brush sauce for an even coat.
4. Place peaches, flesh-side up, on the grill. Cook until barbeque sauce bubbles slightly and peaches are a little softer than when you put them on the grill, 7 to 10 minutes.



Simple ways to enjoy peaches:

Fresh peaches are perfect when eaten alone or cut up and mixed with light yogurt!



Peach tea

INGREDIENTS

- 4 cups water, divided
- 3 family size tea bags
- 2 fresh peaches - peeled, pitted and sliced
- 1 1/2 teaspoons stevia sweetener

DIRECTIONS

1. Bring 3 cups water to a boil in a saucepan over high heat. Add the tea bags, and steep for 15 minutes. Remove tea bags.
2. Meanwhile, place peaches with 1 cup water into the jar of a blender, and blend until very smooth. Pour the peach mixture, tea, and stevia into a 1 gallon pitcher. Fill the pitcher to the top with water, and stir until blended.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!