

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...

Strawberries



What fruit has an average of 200 seeds on each piece?

STRAWBERRIES!

☞ Select fruit that is firm, shiny and bright red in color with a green leaf at the top.

☞ Avoid green fruit or those with soft or brown spots

☞ Strawberries should be stored in the refrigerator and only be washed right before eating.

☞ Strawberries are a delicious fruit that are in season in Connecticut during June and early July.

Source: <http://www.fruitsandveggiesmorematters.org>

Nutrition Facts:

- A typical serving size is 8 medium berries
- There are about 50 calories per serving
- Strawberries are an excellent source of vitamin C
- Strawberries contain fiber, and small amounts of calcium and iron

Fresh & Fresher

- ◆ Start your own strawberry patch in a sunny spot in your yard; or
- ◆ Find fresh, local strawberries at a farmers' market or a "pick your own" farm.
- ◆ Local farms & markets can be found in the **PUBLICATIONS** link at www.ct.gov/doag

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 have at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5

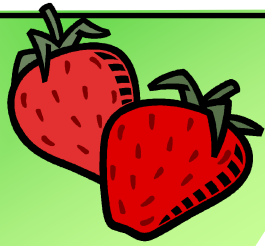


Day 6



Day 7





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268
860.429.3325 www.ehhd.org

Try these delicious, nutritious and healthy recipes!

Sugar-Free Jiffy Strawberry Jam

INGREDIENTS

- 2 cups strawberries
- 1 cup cold water
- 1 (3 ounce) package strawberry flavored sugar-free gelatin



DIRECTIONS

1. In a large saucepan crush strawberries. Add water and gelatin, mixing well.
2. Over medium heat bring mixture to boiling, stirring constantly. Reduce heat to low and simmer for 2 minutes.
3. Pour into jars, allow to cool and then cover. Can be stored in refrigerator for 1 week, or frozen for several weeks.

Great for use in Peanut Butter and Jam sandwiches or on your favorite crackers!

Simple ways to enjoy STRAWBERRIES!

Strawberries are a wonderful snack—just wash and eat! Fresh picked strawberries can be eaten leaves and all.

Almond Strawberry Salad

INGREDIENTS

- | | |
|--------------------------------------|-----------------------------------|
| 3 cups fresh baby spinach | 1/2 cup sliced fresh strawberries |
| 1/4 cup sliced honey-roasted almonds | 1 tablespoon cider vinegar |
| 1 tablespoon honey | 1 1/2 teaspoons sugar |



DIRECTIONS

In a large bowl, combine the spinach, strawberries and almonds. In a jar with a tight-fitting lid, combine the vinegar, honey and sugar; shake well. Drizzle over salad and toss to coat. Serve immediately.

Recipe modified from : www.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!