

October

Building A Healthy SASD

# FOCUS ON FIVE!

*Eat five or more servings of fruits and vegetables each day.*



Fruits and vegetables are packed with vitamins and minerals that help fight diseases and keep you healthy. Fruits and vegetables also give you energy without added sugars. Kids should eat at least 5 servings of fruit and vegetables every day.

Eat fruits and vegetables at meals, and at snack time, too. Choose a variety of fruits and vegetables. Fresh, frozen, canned or dried – fruits and vegetables come in many forms. Choose fruits and vegetables without added sugar, syrup, salt or cream sauces and go easy on the juices.

To add more fruits and vegetables to your child's diet, try the following tips:

- Join the 2 Bite Club! Offer a new fruit or vegetable and encourage at least 2 bites each time. It can take up to 10 tries before a child likes a new food.
- Add chopped fruits and vegetables to foods your child already enjoys – pasta, pizza, soups, cereal, pancakes, etc.
- Dip it! Make eating fruits and vegetables fun by adding a healthy dip, try low-fat salad dressings, yogurt or peanut butter.

For more information and resources on fruits and vegetables visit, [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)



## Fruity Peanut Butter Dip

Preparation Time: 15 minutes      Serves 14  
Recipe from [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

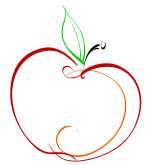
Create a healthy spread for your Fall celebrations! This is a great dip for fresh fruit, celery or baby carrots.

### Ingredients

1 medium apple, cored & quartered but not peeled	1/3 cup orange juice
½ cup dried cranberries	1 cup all natural peanut butter
½ teaspoon cinnamon	
6 cups of fresh fruits or vegetables, such as apple slices, carrots or celery.	

### Directions

In a food processor, chop one apple and cranberries. In a small bowl, combine peanut butter, orange juice and cinnamon. Stir apple/cranberry mixture into peanut butter mixture until combined. Cover and refrigerate.



## Apple Crunch Encourages Healthy Snacking!

Show your support for healthy snacking by helping nrgBalance celebrate Apple Crunch on Wednesday, October 26. The event encourages youth and families to eat apples and apple products (applesauce, juice and cider) as a healthy snack. For celebration ideas and how you can promote Apple Crunch Day visit, <http://www.nrgbalance.org/schools/apple-crunch.cfm>



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