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Serve Up Fruit and Fun

Make healthy snacking easy

- Keep canned and fresh fruit on hand and in sight for snacks and meals.
- Wash fresh fruit and cut into bite sized pieces when ready to serve.
- For pre-cut canned fruit, drain the liquid and put fruit pieces into a container for on-the-go mess free snacking.
- Store cut fruit in covered containers in the refrigerator or freezer to use later.



Play With Your Food!

- Give kids a clean plate to make faces out of cut-up fruit. When they are finished they can eat their artwork!
- Dip fruit slices in your favorite yogurt or serve fruit over cottage cheese.
- Mix up **Creamy Fruit Salad** (recipe on back).



Stay Connected



Kids Can...

- ✿ wash fresh fruit to eat.
- ✿ make a picture on their plate with fruit.
- ✿ help make **Creamy Fruit Salad**.



Monthly Food Hero Checklist

- Have kids help wash fruit.
- Make a fun snack using fruit.
- _____



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Creamy Fruit Salad



Ingredients

- 1 cup **pineapple** chunks
- 1 **large apple**, chopped
- 1 **banana**, sliced
- 1 **orange**, chopped
- 3/4 cup low-fat **piña colada yogurt**

Serving Size 1/2 cup
Prep time: 10 minutes



Directions

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana, and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Serve and enjoy!

Note

For a different taste, try adding different fruits like grapes, blueberries, huckleberries, or peach slices.

Nutrition Facts

Serving Size 1/2 cup (99g)			
Servings Per Container 8			
Amount Per Serving			
Calories 70	Calories from Fat 5		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 15mg	1%		
Total Carbohydrate 16g	5%		
Dietary Fiber 2g	8%		
Sugars 13g			
Protein 1g			
Vitamin A 4%	Vitamin C 30%		
Calcium 4%	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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