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It's All Berry Yummy!

Add fresh, frozen, canned or dry berries to recipes

- Add blueberries to cold or hot whole grain cereal like oatmeal or shredded wheat.
- Fold berries into bread, muffin, scone or pancake batter.
- Make a Super Sundae. Layer berries, yogurt and granola in a cup.
- Top salads with strawberries like the Creamy Fruit Salad or Spring Green Salad (pictured).
- Try Fruit Pizza!



Fresh Berry Tips

- ✓ When berries are low-cost, think about buying extra and freezing for later.
- ✓ Look for firm, plump, full-colored berries that are not bruised or oozing. Make sure to look at the bottom of the container too.
- ✓ At home, cover and refrigerate until ready to serve. Or wash and then freeze uncovered on a flat pan and then move to a sealed bag for freezer storage. (See photo at right).
- ✓ Store berries in the refrigerator for up to 2 to 3 days, including those that have been thawed.

Stay Connected



Kids Can...

- ✿ Choose berries for snacks.
- ✿ Add berries to recipes.
- ✿ Pick berries at home or at a farm.
- ✿ Help water berry plants.



Safely Eat Berries



- ✓ Wash berries before eating under clean, running water, rubbing gently with your fingers or hands.
- ✓ Thaw frozen berries by putting the bag of berries in the refrigerator or in a bowl of cold water. Do not refreeze.

Monthly Food Hero Checklist

- Add fruit to a meal.
- Store some fruit for later in the freezer.
- Have kids help wash fruits.
- _____



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Fruit Pizza



Ingredients

- 1 **English muffin** (try whole grain)
- 2 tablespoons **reduced fat** or **fat-free cream cheese** (see notes)
- 2 tablespoons sliced **strawberries**
- 2 tablespoons **blueberries**
- 2 tablespoons **crushed pineapple**

Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served soon.
5. Refrigerate leftovers within 2 hours.



Serving Size: 1 pizza muffin
Prep time: 10 minutes

Notes

Use any combination of fruit for topping the pizza.
 No cream cheese? Try peanut butter or sunflower seed butter.
 Make your own **whipped** cream cheese for easy spreading. Use an electric hand mixer to gradually beat 4 tablespoons of milk into 8 ounces of cream cheese. To make it fruit flavored, add any chopped, soft fruit (fresh, canned, or frozen) while beating. Store in a covered container in the refrigerator.

Nutrition Facts

Serving Size one half muffin with fruit (81g)	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 4g	
Vitamin A 2%	Vitamin C 15%
Calcium 10%	Iron 6%
*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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