



Today your child learned why it's important to eat colorful fruits each day.

- Fruits are rich in nutrients and fiber and contain natural sugars for energy. They're nature's snack and are good for when you're "on the go."
- Fruits are important for health and should be a regular part of your child's diet.
- They take their lead from you. Eat fruits and veggies and your kids will too!

Tips to Enjoy More Fruit

1. Let your kids be produce pickers. Help them pick fruits and veggies at the store.
2. Offer colorful fruits at meals and snacks. Keep fruit handy for an easy and healthy start on busy mornings.
3. Take it with you. Bring apples, bananas, oranges, grapes or dried fruit along for your day.
4. Choose fresh, frozen, canned or dried varieties. Buy fruits in season and watch for sales.
5. Include fruit and fruit-based recipes for parties and holidays.
6. Visit an apple orchard or farm. Pick some fruit to bring home and enjoy.

Banana Berry Breakfast Crumble

Makes: 3 cups

Serves: 6 (1/2 cup serving)

Ingredients

Non-stick cooking spray
 2 cups blueberries, fresh or frozen, or other berries
 1 ripe banana
 3/4 cup quick cooking oats
 1 tablespoon cinnamon
 1 tablespoon vanilla
 4 teaspoons of butter
 Fat-free or low-fat (Greek) yogurt

Steps

1. Preheat oven to 400°F. Coat the bottom and sides of an 8-inch baking dish with non-stick cooking spray.
2. **Wash** fresh berries or thaw and drain frozen berries.
3. **Mix** the oats and cinnamon.
4. **Mix** the berries and vanilla and place in baking dish. Cut banana into small pieces and **add** to the berries.
5. **Spoon** the oat mixture evenly over fruit. **Top** with dots of butter and a light spray of cooking spray.
6. Bake for 30-40 minutes until the topping is golden brown.
7. Serve warm or cold. **Top** with yogurt. **Enjoy!**

Have your child help you do the bold steps.

Recipe adapted from USDA Food and Nutrition Service/Milk, Yogurt & Cheese Recipes.

I Enjoyed Fruit This Week!

Colorful Fruits are Good for Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							

Directions

Help your child put a sticker (or draw a smiley face 😊) in a box each time your child eats a fruit. Remind your child that it's good to eat different colored fruits each day.

Eat Well Play Hard in Child Care Settings



Department
of Health

Child and
Adult Care
Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.