

BOUNCING FOR BLUEBERRIES



Billions of Blueberries

Dear Parents:

Studies show that good nutrition and physical activity are vital to a child's growing mind and body. Even school success is linked to healthful eating and physical activity habits. Children who maintain better diets and are physically active are more likely to have higher test scores than children who do not.

This year your child has the opportunity to taste test a different fruit or vegetable grown right here in Georgia.

This month, students will be taste testing blueberries.

In 2005, blueberries were put into the category of superfruits. Superfruit foods are rich in nutrients and antioxidant strength. Maine is the largest producer of blueberries in the world, producing 25% of all U.S. blueberries.

We encourage you to incorporate healthy fruits and vegetables into you and your child's diet everyday. Simply flip this page over to find some very easy and simple recipes for you to use.



Great Nutritional Websites for Parents and Children:

www.healthiergeneration.org

<http://www.nutrition.gov>

Books to read with your children:

Blueberries for Sal by Robert McCloskey

White is for Blueberry by George Shannon

Go the Right Way, Choose 5 a Day

Fruits and veggies are the best way to get the nutrition that you need! There are several reasons to make sure you and your child get at least 5 fruits and veggies every day. Some of these reasons include:

* Fruit and vegetable nutrition can be found in many forms- fresh, frozen, canned, dried and even 100% juice.

* Fruits and vegetables are full of fiber and low in calories.

* There are LOTS of vitamins and minerals in fruits and vegetables.

* Fruits and vegetables can reduce the risk of certain cancers.

To make sure you are getting all your nutrition needs - **choose 5 a day!**

Pick the Perfect Blueberry

- Blueberries should be firm & consistent in color.
- Shake the container; blueberries should move freely. If not, that is a sign of soft berries.
- Avoid soft berries or ones dull in color.

Healthy Classroom Parties

As the end of the year approaches, consider some of the following food options for class parties:

INSTEAD OF	CHOOSE
Chips	Pretzels/Trail Mix
Cup Cakes	Fruit/Veggie Platter
Pizza	Low-Fat Roll Ups
Soda	Water/Flavored Water

Blueberry Facts

- Blueberries are high in vitamin C, manganese, fiber and vitamin E.
- Blueberries are a low calorie snack.
- Blueberries may help reduce the effects of Alzheimer's Disease on the brain.
- Blueberries are an excellent source of antioxidants, helping to prevent cancer.

BOUNTIFUL BLUEBERRY RECIPES

Blueberry Oatmeal Muffins

Servings 16 (1 serving = 1 muffin)

What you need:

- 1 2/3 cups quick-cooking oats
- 2/3 cup all-purpose flour (about 3 oz.)
- 1/2 cup whole wheat flour (about 2 1/3 oz.)
- 3/4 cup packed light brown sugar
- 2 tsp. ground cinnamon
- 1 tsp. baking powder
- 1 tsp. baking soda
- 3/4 tsp. salt
- 1 1/2 cups fat-free buttermilk
- 1/4 cup canola oil
- 2 tsp. grated lemon rind
- 2 large eggs

- 2 cups frozen blueberries
- 2 Tbsp. all-purpose flour
- Cooking spray
- 2 Tbsp. granulated sugar

What to do:

Preheat oven to 400°. Place oats in a food processor; pulse 5 to 6 times. Place in a large bowl. Lightly spoon flours into dry measuring cups; level with a knife. Add flours and next 5 ingredients (through salt) to oats in bowl; stir well with a whisk. Make a well in center of mixture. Combine buttermilk, oil, rind, and eggs in small bowl; stir well with a whisk. Add to flour mixture, stirring just until moist. Toss berries with 2 tablespoons flour, and gently fold them into the batter.

Spoon batter into 16 muffin cups coated with cooking spray; sprinkle batter with 2 tablespoons granulated sugar. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately. Place on a wire rack. Serve warm or at room temperature.

Nutrition Facts

Calories: 143 Protein: 3g
 Fat: 1.2g Sodium: 219mg
 Carbohydrates: 33g Fiber: 3g

For this recipe and more visit:

www.cookinglight.com

Purple Party Parfait

This tasty parfait makes a wonderful breakfast, dessert, or snack. It is also high in vitamin C.

Prep Time: 10 minutes

Serves 6

What you need:

- 1 cup frozen blueberries without sugar
- 1 cup frozen strawberries without sugar
- 1/2 cup fat-free cottage

cheese

- 1 1/2 cups green grapes
- 1 kiwi for garnish (optional)

What to do:

Place the blueberries, strawberries, & cottage cheese in food processor & blend until smooth. Place the grapes in a cup or bowl and spoon the blended mixture over the grapes. Garnish with kiwi (optional).

Note: If you are using a blender, let frozen fruit thaw and blend in small batches.

Nutrition Facts

Calories: 64
 Protein 3g
 Fat: 0.3g
 Sodium: 77mg
 Carbohydrates: 14g
 Fiber: 2g

For this recipe & more visit:

www.pbhfoundation.org

"A man's health can be judged by which he takes two at a time... pills or stairs."

Joan Welsh

What Travels Well?

Packing nutritious snacks for a car trip can be difficult because not all fruits and vegetables travel well. Below you will find some travel friendly options:

- Carrots and sliced bell peppers
- Grapes and raisins
- Nuts & seeds
- Trail Mix

Some Things To Consider!

Your role as a parent is a very important one.

Did you know preschoolers should have:

- * 10 - 11 hours of sleep each night
- * 5 servings of fruits and vegetables each day
- * 60 minutes of structured physical activity each day
- * Breakfast every morning

- * No more than 2 hours a day of screen time like TV, DVD's or videos

AND

- * Quality time with you!

These healthy habits will help your child feel good about themselves and do well in school.



Did you know?

Blueberries are fire tolerant and blueberry production usually increases after a forest fire.