

NUTRITION NEWS

LSF Child Care Food Program

Building a Healthier Generation

AUGUST 2018

Fun Facts!

"The World's Largest Peach Cobbler" is made every year in Georgia. The cobbler measures 11 feet by 5 feet.

Georgia is known as the "Peach State," but California and South Carolina produce more peaches each year.

The life of a peach tree is about 15 years. The tree doesn't bear fruit during the first 2 years and bears the most peaches in years 4 to 15.

We ap-PEACH-iate you!

August is **National Peach Month**! Here are some ways to enjoy peaches!

1. Peach Salsa - a great dip for tortilla chips.
2. Beverage Blast - add fresh or frozen peaches to your tea or lemonade
3. Cobbler or Compote - peaches make a delicious dessert!
4. Peachy Breakfast - add fresh slices to hot or cold cereals, pancakes, waffles, and yogurt
5. Smoothies - blend fresh or frozen peaches with yogurt (or milk), bananas or other fruits, and ice.



Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes. Store unripe peaches in paper bag. When ripe, store at room temperature for use within 1-2 days. Peaches are low fat, cholesterol free, and a good source of Vitamin C.

TEACH ABOUT THE PEACH

Use a "Mystery Box/Bag" for this activity. One at a time, ask each child to feel inside the box or bag without looking. Ask each child to describe quietly to you what he/she feels. After everyone has guessed, reveal the peach. Let each child hold the peach, if desired. Note the children's guesses that were close (round, a plant, food) or correct (a peach).

Talk about the peach. **Ask questions** like:

- Is a peach a fruit or a vegetable? (Fruit)
- What shape is it? (Round, like a ball)
- What color is the outside? (Yellow and red)
- How does the outside of it feel? (Fuzzy like a baby chick or a tennis ball)
- Does it have a smell? (May have no smell or smell sweet like a flower)
- Is it light or heavy? (Small, round, and light like a tennis ball)
- Has anyone ever tasted a peach? (Yes or No)



Offer each child a piece of peach to taste!

Source: Grow It, Try It, Like It

WELCOME

**TO OUR NEWEST
DAY CARE HOME
PROVIDERS!**

Aysis Aragon Torrijos
L&A Hardin
Yeneidys Perez Millan
Sucel Torres

CHOOSE CEREALS WISELY!

Confused about what cereal to buy? Use the Florida WIC-Approved Cereal list to help you choose!

Highlighted cereals meet the 100% whole grain requirement

Cereals with ★ contain 51% or more whole grain.

General Mills

GF = Gluten Free



Kellogg's

Malt O Meal



Post



Quaker

B & G Foods

Sunbelt Bakery



Download the full list from our website: www.lsfnet.org/children-families/child-care-food-program/

Grilled Cheese with Peaches

Ingredients

- 8 slices whole grain bread
- 8 slices low-fat cheddar cheese
- 4 teaspoons vegetable oil
- 1 15-oz can of peaches, drained
- 7 1/2 cups spinach

Directions

1. Heat the 4 tsp of vegetable oil in a large non-stick pan over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. Layer (in this order) one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread on top of each original slice of bread.
4. After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes.

