



NOV. 2019

FRESH FRUITS & VEGETABLES

Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
				1 Left Over Day (only at recess)
4	5 Pineapple	6 Carrot Snackers	7 Mango	8 Bananas
11 	12 Persimmons	13 Cantaloupe	14 Cucumber K-6 Apples (HOTM – Preschool)	15 Yam Sticks
18	19 Jicama Sticks K-6 Apple slices (HOTM Preschool)	20 HOTM Red Apple slices	21 HOTM Granny Smith Apple slices	22 Carrot Snackers
Rethink Your Drink				
<p>WHAT YOU DRINK IS AS IMPORTANT AS WHAT YOU EAT Sugary drinks (soda, energy drinks, coffee drinks, and sports drinks) add more sugar to our diet than any other food or beverage source. The added sugar in these drinks provide extra calories without extra nutrition. The added sugar from these drinks may contribute to tooth decay, increase the risk of obesity, and increase the risk for type 2 diabetes and heart disease.</p>				

Recipe

GREAT GRAPE SMOOTHIE

INGREDIENT

Quick and healthy, this snack is a favorite with kids.

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

PREPARATION

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Makes 2 servings - 1 cup per serving.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

