



# Four Seasons of Nutritious, Kid Friendly Snacks

Seasonal fresh fruits and vegetables are packed full of vitamins and minerals, and are a great source of phytochemicals, and fiber. Purchasing local, seasonal produce is inexpensive and supports your local farmers. Explore your options and have fun creating your own nutritious , kid friendly snacks!

## Why are phytochemicals important?

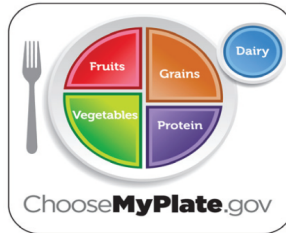
Phytochemicals (fight-o-chemicals) are naturally found in fresh fruits and vegetables and help your body fight disease and health problems such as cancer, diabetes, cardiovascular disease, and hypertension.

## Why is fiber important?

Fiber helps to reduce the future risk of heart disease, type 2 diabetes, and cancer. Fiber also helps regulate your child's digestion.

## How many fruits and vegetables should my child consume each day?

Children:	Fruits	Vegetables
2-3 years	1 cup	1 cup
4-8 years	1-1 ½ cups	1 ½ cups
<b>Boys</b>		
9-13 years	1 ½ cups	2 ½ cups
14-18 years	2 cups	3 cups
<b>Girls:</b>		
9-13 years	1 ½ cups	2 cups
14-18 years	1 ½ cups	2 ½ cups



## Seasonal Produce Guide for New England

### Winter: January, February, March

Mushrooms, parsnips, sprouts

### Spring: April, May, June

Beets, broccoli, cauliflower, chard, kale, mushrooms, parsnips, radishes, rhubarb, salad greens, snap peas, spinach, sprouts, strawberries, sweet cherries

### Summer: July, August, September

Apples, beets, blackberries, blueberries, broccoli, cabbage, carrots, cauliflower, collards, corn, cucumbers, green beans, mushrooms, nectarines, peaches, peppers, plums, raspberries, strawberries, summer squash, sweet cherries, tomatoes, zucchini

### Fall: October, November, December

Apples, beets, broccoli, Brussels sprouts, carrots, cranberries, edamame, grapes, kale, pears, peppers, potatoes, pumpkins, radishes, salad greens, spinach, sweet potatoes, winter squash

Seasonal produce is limited during the winter. To ensure adequate fruit and vegetable intake, supplement your child's diet with nutrient dense snacks that include produce from storage, or that has been frozen, dried, or canned.

- **Cold storage:** apples, beets, carrots, sweet potatoes, pumpkins, turnips, winter squash
- **Frozen whole fruits and vegetables:** raspberries, blackberries, strawberries, broccoli, cauliflower
- **Dried fruit and Freeze dried fruit:** banana chips, apricots, pears, mangos, apples
- **Canned fruit:** choose fruit packed in juice or light syrup; always drain before serving
- **Canned vegetables:** choose low-sodium, canned vegetables; always rinse with water before serving



# Four Seasons of Nutritious, Kid Friendly Snacks

Incorporate seasonal produce into every day nutritious, kid friendly snacks to ensure that your family is meeting their recommended daily requirements for fruits and vegetables. Enjoy!

## Winter: Sweet Potato Crisps\*

Ingredients:

- 2 medium sweet potatoes (peeled)
- 1 tbsp olive oil
- paprika (season to taste)
- ¼ tsp salt



Directions:

Cut sweet potatoes in half and thinly slice using a food processor or handheld grater. Mix olive oil, paprika, and salt in a bowl. Add sweet potato slices to the mixture and coat evenly. Put single layer of crisps onto lightly oiled baking sheet. Preheat oven to 400°F. Bake for 10 minutes\*. Flip each crisp and cook for 5 minutes, or until desired color is achieved.

\*Cooking time will vary depending on the thickness of the potato crisps.

## Summer: Fresh Fruit and Cheese Kabobs\*

Ingredients:

- 1 nectarine
- 4-5 strawberries
- 1 banana
- ½ block Monterey Jack, Reduced Fat Cheese
- ½ cup low fat yogurt (any flavor)
- popsicle sticks (skewers)



Directions:

Slice nectarine, strawberries, and banana (or fruit of choice) into bite size chunks. Cut cheese into 1 inch cubes. Gently add 1 chunk of each type of fruit and 1 cube of cheese to each popsicle stick. Place small servings of yogurt on kid friendly plates for dipping.

## Spring: Fresh Strawberry and Spinach Smoothie\*

Ingredients:

- 5-6 medium strawberries (leaves cut off)
- 1 banana
- 1 cup ice
- ½ cup fresh spinach leaves
- ½ cup orange Juice



Directions:

Add strawberries, banana, ice, spinach leaves, and orange juice to a blender. Blend well. Turn blender off and stir mixture to ensure that all ingredients are blended. Portion out smoothie drink into 4 kid friendly cups. Garnish with fresh strawberry slices.

## Fall: Baked Apples with Cinnamon and Raisins\*

Ingredients:

- 2-3 cored apples
- ¼ cup Raisins
- 2 tbsp Butter
- 1 tbsp Brown sugar
- ¼ tsp Cinnamon



Directions:

Slice cored apples lengthwise and place on a baking sheet, skin side down. To the center of each apple half add ¼ tsp butter. Lightly sprinkle apple halves with brown sugar and cinnamon. Add 4-5 raisins to each apple half. Preheat oven to 350°F and bake for 15 minutes or until the flesh of each apple half is tender. Allow apples to cool before serving.

\*Recipe ideas derived from Share our Strength's Cooking Matters recipe guide

### Additional Information:

Seasonal Produce in your community [www.fieldtoplate.com](http://www.fieldtoplate.com)

Find a Farmer's Market near you! [www.usda.gov](http://www.usda.gov)

Healthy Eating Tips [www.choosemyplate.gov](http://www.choosemyplate.gov)