

Did you know?

*October is
Pear Month*

**POLAR
PEAR**

Fact #1

There are over 3,000 varieties of pears worldwide.

Fact #2

Pears are a very low acidic fruit, making them gentle on your stomach.

Fact #3

Pears are also known as “Butter Fruit” for their soft, butter-like consistency.



Candy Pear Halves

Number of Servings: 1
Serving Size: 1 Pear

INGREDIENTS:

1 medium pear, raw
1 tsp red gelatin mix

DIRECTIONS:

Slice pear in half and remove center/seeds
Sprinkle the 1 tsp gelatin on cut sides of pear

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 – 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups