

The Importance of Fruit for School-aged Kids!

Fruit is super important for children because it helps their bodies grow strong and stay healthy in many ways.

PACKED WITH VITAMINS AND MINERALS

Fruits give kids nutrients like vitamin C (for strong immune systems), potassium (for healthy muscles and blood pressure), and folate (for growth and development).

FIBER FOR TUMMIES

The fiber in fruit helps with digestion and keeps kids from getting constipated.

NATURAL ENERGY

Fruits give kids nutrients like vitamin C (for strong immune systems), potassium (for healthy muscles and blood pressure), and folate (for growth and development).

HEALTHY HABITS

When kids learn to enjoy fruit early, they're more likely to keep choosing healthy foods as they grow up.

PROTECTS AGAINST SICKNESS

Fruits are full of antioxidants, which help protect the body from illnesses and keep the heart, brain, and body working well long-term.

RECIPE

Pineapple Salsa

2 ½ Cups pineapple tidbits
2 ½ Cups favorite salsa
2 tsp cumin
1 tsb lime juice
2 tsp chopped fresh cilantro

Mix ingredients in a bowl and stir until blended. Refrigerate until ready to serve. Serve with corn chips, pita chips, or as a topping for grilled chicken or fish.



Fruits comes in all colors and flavors. Eating lots of different colors makes your body extra healthy!

FUN CHALLENGE:

Try to eat a **rainbow of fruit** this week: red strawberries, orange oranges, yellow bananas, green grapes and purple blueberries!



Fruits and vegetables are offered in your cafeteria daily!