

Peaches, Pears, Apricots

Enjoy peaches, pears and apricots at the peak of their season – fresh and sweet on a warm summer day.

Snack on fresh fruit.

There's no need to peel fresh peaches, pears, and apricots. Their tender skins are a good source of fiber and nutrition.

Just wash and eat!

Eat fruit as a finger food.

Cut into small wedges for your child.

Add peaches, pears and apricots to your meals and snacks.

- ✗ Add fruit slices to a lettuce salad.
- ✗ Serve fruit with cottage cheese.
- ✗ Serve fruit with low fat yogurt, pudding or custard.
- ✗ Blend chopped fruit with yogurt and juice for a smoothie.
- ✗ Top your breakfast cereal with sliced fruit.
- ✗ Add chopped fruit to pancake or muffin batter.

Decorate dinner plates with fresh fruit.

Put a few slices of fresh peaches, pears or apricots on each dinner plate. Dinner will look good, taste good and be good for you.



Buy fresh fruit...

- ✗ Avoid fruit with shriveled skin, mushy spots, dark brown spots, or cuts in the skin.
- ✗ Choose pears that are firm and slightly soft at the stem.
- ✗ Choose peaches that are firm to the touch but not hard, and smell sweet.
- ✗ Choose apricots that are plump with a golden orange color.

Unripe fruit will ripen at room temperature in 2 to 3 days, and need to be eaten quickly.

When fruit is ripe, it can be stored in the refrigerator for 3 to 5 days.

Don't buy more than you plan to eat.

Wash fruit before eating.....

1. Wash your hands with warm water and soap for 20 seconds.
2. Rinse fresh fruit under running water. Use distilled water if your water is unsafe.
3. Use a clean produce brush to remove dirt if needed.
4. Cut off any bruised or damaged fruit.
5. Dry fruit on a clean towel.

Always wash fresh fruits before eating, even if you plan to peel it. You could put bacteria from the skin into the fruit when cutting with a knife.

Fruit Salad

1 (3.4 ounce) package instant vanilla, lemon coconut cream, or banana cream pudding mix
2 cups cold milk

8 cups fresh or canned fruit:

Sliced bananas
Blueberries, raspberries
Sliced peaches, pears, apricots
Seedless halved green or red grapes
Pineapple chunks

- 1 Prepare pudding according to directions, and refrigerate.
- 2 Layer fruit in large bowl.
- 3 Spread pudding on top of fruit.
- 4 Garnish with fresh berries or mint leaves.

Variations...

- Mix drained canned crushed pineapple with pudding before spreading on top.
- Use flavored yogurt instead of pudding.
- Top with crushed vanilla wafers.
- Prepare salad in individual cups.

Eat whole fruit instead of juice with your child.

Whole fruits have fiber and more nutrition than juice.



Be a Good Role Model For your children

Comfort your child with the love of family and friends. When your child is feeling stressed, offer to do something together – go for a walk, sit together and talk, play together.

Let your child see you talking to family and friends when stressed.

Let your child learn to find comfort from family and friends instead of food.

If your child grabs food when he is stressed or upset, he may learn to eat when stressed later in life.

Comfort comes from family and friends, not food.



What can you do?

- Eat peaches, pears and apricots during the summer.
- Wash fruits before eating them.
- Comfort my child with love, not food.
- Other: _____

