

Dried Fruit



FAMILY NEWSLETTER

Buy fresh, buy local shopping tips

- If you own a food dehydrator, stock up on fruit in the summer and fall to enjoy dried fruits throughout the winter.
- Many grocery or health food stores offer dried fruits in bulk, which can be a more convenient and budget-friendly way to purchase them.
- For more healthful options, try to find unsweetened dried fruit varieties.
- Put dried fruit in airtight containers to keep fresh.
- Keep dried fruit in a cool, dry place like a cupboard or in the refrigerator for up to six months.



Why eat dried fruit?

Dried fruits are a good source of potassium and fiber. Potassium is a mineral that helps your brain tell your muscles when to move, and fiber helps you feel full and move food through your body.

Ways to eat dried fruit

- Mix dried fruit with nuts and cereals to make trail mix.
- Add dried fruit to muffins, cookies and cakes.
- Combine your favorite dried fruit with brown rice to make a sweet side dish.
- Top your oatmeal with dried fruit for a hearty breakfast.
- For added flavor, sprinkle dried fruit on a basic lettuce salad.
- Dip dried fruit in melted chocolate for a sweet treat.



Nutrition Facts	
Serving Size: ¼ cup unsweetened dried cranberries (10g)	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 15%	Iron 1%

How much do I need?
 ¼ cup dried fruit is equal to one serving of fruit.

Recommended Daily Amount of Fruits and Vegetables*	AGES 5-12	AGES 13 AND UP
	Males 2 ½ - 5 cups	Males 4 ½ - 6 ½ cups
	Females 2 ½ - 5 cups	Females 3 ½ - 5 cups

In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

Made possible with funding from the Centers for Disease Control and Prevention and the Wisconsin Department of Health Services. Material adapted from Harvest of the Month produced by the CA Department of Public Health's Network for a Healthy California with funding from USDA SNAP.

Get active together

Bundle up and take a walk around the neighborhood as a family, and vote who you think has the best Christmas lights. Make sure you are in an area with clear sidewalks and that there is no ice.



Want to volunteer?

Live54218 Farm to School volunteer opportunities include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens
- Serving on the Farm to School Taskforce

If you are interested in any of these volunteer opportunities, please contact:

Ashley Ponschok, Live54218 Farm to School Coordinator
Email: Ashley@live54218.org
Phone: (920) 593-3401

Learn more at live54218.org

Cook together...

Crunchy cereal trail mix

- 1 cup Cheerios®
- 4 tablespoons salted peanuts
- 2 tablespoons dried cranberries
- 2 tablespoons chocolate chips

Combine all ingredients in a plastic bag. Shake bag to mix. Makes four servings.

Nutrition information per serving: 106 calories, 6.5 g fat, 10 g carbohydrates, 3.5 g protein, 2 g fiber, 46 mg sodium.



Kids corner

Dried fruit word scramble

Unscramble the **BOLD UNDERLINED** words to complete the dried fruit facts. Answers at the bottom of the page.

- Wisconsin is the nation's top **NYRERARBC** _____ producer.
- On average, Americans consume about two pounds of **IANS SIR** _____ per year, slightly ahead of fresh grapes.
- USIRFT** _____ become dry when their moisture content drops below 20 percent.
- Potassium is a mineral that helps your **RNIAB** _____ tell your muscles when to move.

Why did the tomato go out with a prune?

BECAUSE HE
 COULDN'T FIND
 A DATE!

Read together

- **The Reason for a Flower** by Ruth Heller
- **First Day in Grapes** by L. King Perez
- **Making Raisins** by Marvin Buckley



WORD SCRAMBLE ANSWERS: A) CRANBERRY B) RAISINS C) FRUITS D) BRAIN