

HARVEST OF THE MONTH: STRAWBERRIES



NUTRITION FUN FACTS:

- Strawberries are an excellent source of vitamin C. A half cup provides 81% of what you need in a day!
- Vitamin C helps your body heal cuts and wounds, and it also helps your body fight sickness.
- Our bodies don't make vitamin C, so we need to get it from foods. Strawberries are an amazing source!

Fun snack ideas!

HOW TO EAT STRAWBERRIES:

1. Slice strawberries on top of yogurt and cereal or granola to make a delicious parfait!
2. Blend frozen strawberries with orange juice or low-fat yogurt and ice for a healthy, quick smoothie!
3. Wash, remove the stem, and eat for a super healthy snack!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Look for plump, shiny berries with a rich red color, bright green caps, and a sweet smell.
2. Store unwashed strawberries in the refrigerator for up to three days.
3. Before serving, gently wash strawberries with cool water.

BEST TIME TO EAT:

APRIL - JUNE



UNC Center for Health Promotion and Disease Prevention

RECIPE: STRAWBERRY YOGURT POPS

DIRECTIONS

1. Cut strawberries into small pieces.
2. Mix fruit and yogurt.
3. Divide into 4 small paper cups or 8 ice cubes. Place popsicle sticks or cut paper straws into each one.
4. Freeze.
5. Enjoy as a frozen treat when solid!

INGREDIENTS

Makes 4 servings:

- 1 cup low-fat strawberry yogurt
- 6 large strawberries
- 1 ice cube tray or paper cups
- Popsicle sticks or cut paper straws

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/MYPLATE-CNPP/STRAWBERRY-YOGURT-POPS](https://www.choosemyplate.gov/recipes/myplate-cnpp/strawberry-yogurt-pops)

ACTIVITY: SWEET STRAWBERRIES

Strawberries are a sweet, healthy treat for spring and summer, and they are grown in all 50 states in the US! Can you guess the top 2 states that produce the most strawberries?

California #1 and Florida #2



STRAWBERRY DESIGNED BY BAMDEWANTO ON FREEPIK.COM