Health and Learning Success

Go Hand-in-Hand

Help your child eat nutritious foods, like fruits and vegetables, and get at least 60 minutes of physical activity every day. This can help your child do better in school. *Michigan Harvest of the Month™* can help your family learn how to eat a variety of colorful fruits and vegetables and be more active every day.

Produce Tips

- Look for firm, plump, brightly colored bunches of grapes. Avoid bunches that are shriveled, sticky, have brown spots, or have dry, brittle stems.
- Remove any soft, brown grapes before storing.
- Store fresh grapes in a sealed container or plastic bag for up to 10 days in the refrigerator.
- Just before use, rinse grapes under cool water.

Let’s Get Physical!

- Take a family trip to a local community center or pool for cool, summer activities.
- Explore nature at a local park or hiking trail.
- Ask your child to help you wash the car or windows. Getting wet can be a fun and refreshing activity in the summer heat.

For more ideas, visit: [www.letsmove.gov](http://www.letsmove.gov)

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**Healthy Serving Ideas**

- Add sliced grapes to pita sandwiches, chicken salads, and pasta.
- Rinse and freeze grapes for a quick snack.
- Carry raisins with you for a ready, on-the-go snack.
- Drink 100% fruit and vegetable juices instead of sugary drinks.
- Frozen, canned, and dried fruits and vegetables are just as nutritious as fresh. Keep a variety in your kitchen for more meal options.

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**MICHIGAN HARVEST OF THE MONTH™**

- Make a variety of colorful fruits and vegetables a part of your child’s diet to help them get the nutrients they need to learn and grow.
- Eating a variety of fruits and vegetables can help your child eat foods that are high in nutrients and low in calories.

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**GREAT GRAPE SMOOTHIE**

*Makes 2 servings. 1 cup per serving. Prep time: 5 minutes*

**Ingredients:**

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

1. Combine all ingredients in a blender. Blend until mixture is smooth.
2. Pour into glasses and serve immediately.

**Helpful Hint:** For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake or pie pan. Cover and freeze 1½ to 2 hours until frozen.

**Nutrition information per serving:**

- Calories 187
- Carbohydrate 48 g
- Dietary Fiber 5 g
- Protein 2 g
- Total Fat 0 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Cholesterol 0 mg
- Sodium 4 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

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**Recommended Daily Amount of Fruits and Vegetables*”

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5–12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½–5 cups per day</td>
<td>4½–6½ cups per day</td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td>2½–5 cups per day</td>
<td>3½–5 cups per day</td>
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</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

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**Nutrition Facts**

- Serving Size: ½ cup grapes (76g)
- Calories 52
- Calories from Fat 0

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 2mg</td>
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</tr>
<tr>
<td>Total Carbohydrate 14g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>3%</td>
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<tr>
<td>Sugars 12g</td>
<td>13%</td>
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</tbody>
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- Vitamin A 1%
- Calcium 1%
- Vitamin C 14%
- Iron 2%

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