



Harvest of the Month[®]

May

The **Harvest of the Month** featured fruit is

Cherries



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your family stay healthy and prevent chronic diseases such as obesity, type 2 diabetes, heart disease, and certain types of cancer.

Encourage your family to eat cherries and help put your children on the road to health and learning success.

Shopper's Tips

- Cherries should be firm, plump, bright and glossy. The degree of darkness will depend on the variety.
- Cherries should be refrigerated as soon as possible and will store about two days.
- Wash cherries just before using them.

Let's Get Physical!

Add bicycling to your travel plans by riding to the store for small purchases, riding to work, or taking a ride with your family on the weekends.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Eat a variety of colorful fruits and vegetables with meals and snacks throughout the day to reach your total daily needs.

Recommended Daily Amount of Fruits and Vegetables

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Healthy Serving Ideas

Brighten up a summer salad with fresh or dried cherries.



Blend cherries, assorted berries, orange juice and low-fat yogurt for a refreshing smoothie.



Add dried cherries to trail mix or granola for a quick and tasty treat.



Diets rich in fruits and vegetables may lower the risk of some types of cancer, cardiovascular disease, diabetes and other chronic diseases. If you feel you are at risk, please see a health care provider. Your health care provider may be able to provide screenings for blood pressure and diabetes, as well as give you tips for preventing chronic disease.

Health Care Providers

Del Norte Clinics provide screenings for Diabetes and blood pressure (Medi-Cal accepted)

Chico Family Health Center 342-4395
680 Cohasset Rd. Chico, CA 95926

OPT for Fit Kids provides nutrition education classes and individual family sessions. (Medi-Cal accepted)

1311 Mangrove Ave Ste B
Chico CA 95926 Phone: 345-0678

**For information about Medi-Cal/Healthy Families insurance contact:
1-800-880-5303**



For important nutrition information visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.