

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN SEPTEMBER



FRUIT » GRAPES

HEALTH BENEFITS: Grapes are an excellent source of vitamin K, which helps your blood clot when you get a cut! One cup provides 25% of our daily needs — plus, the skin of grapes are also full of fiber that keeps our digestive tract healthy.

SELECTION / STORAGE: Select grapes that are plump and firm. Make sure grapes are firmly attached to the stems and avoid those that are wrinkled or soft. Store in the refrigerator for up to one week.

EATING / PREPARATION: Grapes are an easy go-to snack! Just make sure you rinse them under cold water first! Eat them whole or slice them and add to fruit salad. They even taste great on a chicken salad sandwich!

VEGETABLE » BELL PEPPERS

HEALTH BENEFITS: This versatile vegetable packs quite the crunch! Whatever the color, bell peppers pack vitamins and minerals in each bite. Bell peppers are high in B vitamins which aid in metabolism and carotenoids which keep your eyes healthy.

SELECTION / STORAGE: Select bell peppers that are firm with tight skin and heavy for their size. The brighter the color, the better! Avoid those that are dull in color or wrinkled. Refrigerate bell peppers in a plastic bag and use within 5 days.

EATING / PREPARATION: Wash the pepper prior to eating. Slice into strips for dipping. For dinner, get creative with baked stuffed peppers! Cut the tops off, scrape out the seeds. Place peppers in water and microwave for two minutes. Then, try mixing cooked ground beef, cooked brown rice, black beans, corn, diced tomato, green onion, garlic powder, and cheese together! Fill the peppers and cover with foil. Bake at 350 F for about 30 minutes; enjoy!



ACTIVITY » HEY BATTER, BATTER



ACTIVITY: Baseball is one of the most iconic sports in America, bringing together almost 74.9 million people a year. Get out and moving this fall by testing out your Babe Ruth abilities! Baseball gives kids strong arms and legs and improves hand eye coordination. This particular skill is crucial in developing gross and fine motor function. So give it a try at a local park or even find a batting cage. Just remember to keep your eye on the ball!