

Healthy Families

Helping Families Eat Better for Less

Summertime is Strawberry Time!

Strawberry season in Colorado begins in early June and lasts through September, so we can enjoy them all summer.

- Strawberries, like most berries, are known as a “superfood” because they provide many health benefits.
- Strawberries contain fiber and vitamins, which help with digestion and reduce the risk of cancer, diabetes, and heart disease.



www.fruitsandveggiesmorematters.org

- Add strawberries to cereal, salads, yogurt, smoothies, or just enjoy them as a sweet, nutritious snack!

- Strawberries can be found at local farmers’ markets, grocery stores, and roadside stands.

For a listing of farmers’ markets in your area go to coloradofarmers.org/marketfind.htm or call (303) 844-0380.

Ways to Save

- Buy fruits and vegetables while they are in season. Strawberries grown in Colorado are in season June thru September.
- Check weekly grocery ads. Fruits and vegetables are often on sale while in season.
- Only buy the amount of strawberries that you can eat within a few days. Spoiled food wastes money.
- Include strawberries in meals while they are in season.

Kids’ Corner

- Kids can help in the kitchen by removing the stems of strawberries. While holding the strawberry in one hand twist the stem off with the opposite hand!
- Older kids can help slice strawberries for smoothies, salads, cereal, or dessert toppings.

Strawberry Yogurt Popsicle

 Makes 6 servings

Ingredients

- 1 cup strawberries
- 6 plastic spoons
- 6 small paper cups
- Plastic wrap or aluminum foil
- 1 cup vanilla yogurt

Directions

1. Blend strawberries and yogurt in a blender.
2. Fill paper cups with mixture.
3. Insert spoon in center of each paper cup.
4. Tear pieces of plastic wrap or foil to cover each cup. Place small slit in center of each piece.
5. Cover each cup with small piece of plastic wrap or foil with spoon handle sticking up through slit.
6. Place in freezer and freeze until firm, approximately 4 to 6 hours.
7. Once frozen, gently tear away paper cup from frozen yogurt popsicle before eating.

Adapted from “Tickle Your Appetite,” FCS 307, USDA Food and Consumer Service





Be Active!

Have a Scavenger Hunt with your kids – a great way to have fun and enjoy the outdoors

- Set the rules: Nothing can be pulled out of the ground or removed from a home unless you ask permission! Decide on how much time people will have to hunt for the items.
- Decide on items to hunt: List these items on a piece of paper for each player. Ideas: Shiniest rock, longest stick, greenest leaf, penny, bug, something red, something soft.
- Ready, set, go! Players go find items.
- When time is up, all players bring items they have found to the parent.
- The groups look at the items and decide which player wins!

Strawberry and Chicken Salad

Serves 4

Ingredients

2 tablespoons vegetable oil	¼ cup sliced strawberries
2 tablespoons orange juice	½ cup thinly sliced onion (optional)
½ tablespoon vinegar	2 tablespoons shredded cheese
¼ teaspoon salt	½ cup cooked, chopped chicken
Pepper, to taste	* lettuce, mixed greens or spinach work well
5 cups salad greens*	

Directions

1. Wash hands with warm water and soap.
2. Stir oil, orange juice, vinegar, salt, and pepper in a bowl.
3. Combine salad greens, strawberries, onion, cheese, and chicken in separate large bowl.
4. Pour oil mixture over salad greens. Toss.

Adapted from: www.eatingwell.com



Safety and Storage

- When shopping for strawberries, buy only as much as your family can eat in a few days. Strawberries spoil quickly.
- Choose strawberries that are bright red in color. Avoid strawberries with mold or bruises.
- Strawberries should always be kept in the refrigerator.
- If packing strawberries in lunches always include an ice pack to keep them cold.
- Wash strawberries with cool water just before eating.

If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.

Sources: eatright.org, letsmove.gov, snap.nal.usda.gov, cofarmtomarket.com, farmtotable.colostate.edu

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SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact (888) 818-0063.

