

Eat.Right.Now.

Nutrition Education for a Healthier Future



October is Fabulous Fruit Month

Ask your Nutrition Educator to introduce you to one of our services below!

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

Tasty Topics:

Fall into a Fresh Fruit or Vegetable Market with your Nutrition Educator!

Do you need to raise money for an after-school program, team-uniform, school field trip, or a classroom project? Would you like to see those junk-filled black bags turn into fresh fruit cups or garden salads? The Drexel Nutrition Team has a solution for you: a fresh fruit or vegetable market. Operating a market during after lunch promotes fruit and vegetable consumption while raising money for your schools needs. Contact your nutrition educator to inquire more details on how you can start a fresh fruit or vegetable market in your school today!

Fabulous Farmers' Markets

Martin Luther King High School and Weavers Way Farmers' Market foster a produce garden at the school. Under the guidance of a teacher, the students sell the fresh fruit and vegetables at the school and City Hall Farmers Market. Farmers' markets sell the freshest and most affordable produce around. Support your local farmers' market today. Visit the website: [Farm to City](http://www.farmtocity.org) to find a market near you!

Monthly Mentions

- **Nutrition Tip:** One apple has 20% of the fiber we need in a day. Slice a granny smith apple and top it with peanut butter for a nutritious but delicious snack.
- **Fruit & Vegetable:** For apple and squash recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Apples, avocado, cabbage, mushrooms, and cauliflower. Look for deals in your local grocery.
- **October Health Observations:** Healthy Literacy Month, The 16th is World's Food Day, The 13th-17th is School Lunch Week, and The 20th-24th is Health Education Week.

Nutrition Education in Action



Two nutrition educators, Kim Hyatt and Karletta Poland, attended the Healthy Families Expo, sponsored by Philadelphia Home and School Council, on Saturday, September 20th at the School District of Philadelphia, where they greeted students and their families with nutrition information and healthy snacks to taste.

Questions or Comments?
Email: nutritioncenter@drexel.edu

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Nutrition Education Program
Drexel University
Or call us at: 215.895.2422

If you buy fresh fruit at the farmers market, or purchase fruit from your school's fruit market, use the recipe below to make a fabulous fruit dip from one of our lesson plans!



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy Foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Fruit Dip

Serving Size: 1/4 of recipe

Yield: 4 servings

Time: 15 minutes

Ingredients:

- 8 ounces yogurt, low-fat vanilla
- 2 Tablespoons orange juice, 100% juice, frozen concentrate, thawed
- 1 Tablespoon lime juice
- ½ Tablespoon brown sugar
- 2 red each apples – cored and sliced
- 1 each pear – cored and sliced
- 1 each peach – pitted and sliced

Instructions:

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Source:

<http://recipefinder.nal.usda.gov>

Adapted from:

Discover the Secret to Healthy Living
California 5-a-Day—For Better Health! Campaign
California Department of Health Services

Nutrition Facts

Serving Size 1/4 of recipe (214g)

Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40mg **2%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 24g

Protein 3g

Vitamin A 4% • Vitamin C 25%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4