

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### Discover Fabulous Fruits!

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:*

#### ***Snack like a superhero. Power up with fruit and yogurt.***

The United States Department of Agriculture has released core nutrition messages intended to reinforce the concepts of parents being role models for healthful eating and to facilitate behavior change. Snack like a superhero is one of these core messages. Pairing fruit with a low fat dairy product is an excellent way to fuel the body between meals. Low fat dairy foods provide protein and bone building vitamins and minerals, while fruit provides vitamins, minerals, fiber and phytochemicals in a delicious and refreshing package. Dip sliced fruit into low fat yogurt, stuff a whole grain pita with ricotta cheese and apple slices or add fruit to a bowl of whole grain cereal and low fat milk for a delicious and nutritious snack. For more information on the core nutrition messages, visit [The Core Nutrition Messages](#).

#### ***Apple Crunch***

The Pennsylvania Advocates for Nutrition and Activity (PANA) celebrate National Apple Month through their Apple Crunch™ Promotion. This program encourages participants to make apples, as well as other fruits and vegetables, part of a healthful diet. For more information to help plan an Apple Crunch™ event, visit the website: <http://www.nrgbalance.org/events/apple-crunch.cfm>

#### ***Monthly Mentions***

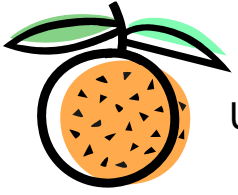
- **Nutrition Tip:** If you want something sweet, try raisins or other varieties of dried fruits. They are sweet and contain fiber and lots of nutrients.
- **Fruit & Vegetable:** For grape and pumpkin recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Apples, broccoli, Brussels sprouts, cauliflower, cranberries, grapes, mushrooms, pears, pineapple, pomegranate, pumpkin, sweet potatoes, Swiss chard and turnips.
- **October Health Observations:** National Child Health Day, October 5<sup>th</sup>; National School Lunch Week, October 12 – 16; World Food Day, October 15<sup>th</sup>; National Apple Month, National Breast Cancer Awareness Month.

#### ***Nutrition Education in Action***



Students at Bok High School's summer camp program enjoy a game of Fruit and Vegetable BINGO.

Questions or Comments?  
Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
**EAT.RIGHT.NOW.**  
Nutrition Education Program  
Drexel University  
Or call us at: 215.895.2422



## Fruit & Vegetable Word Scramble



Unscramble the letters below to make fruits or vegetables. The person with the most correct will win a prize.

1. ryerch \_\_\_\_\_

2. aoomtt \_\_\_\_\_

3. goman \_\_\_\_\_

4. iealepppn \_\_\_\_\_

5. nanaba \_\_\_\_\_

6. achspin \_\_\_\_\_

7. colibroc \_\_\_\_\_

8. plganteg \_\_\_\_\_

9. yberblreu \_\_\_\_\_

10. uoaaecntlp \_\_\_\_\_

11. plape \_\_\_\_\_

12. orartc \_\_\_\_\_



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

