

STAY FIT AND HEALTHY DURING THE SUMMER

Summer break will be here soon! What a great opportunity to use all the nutrition information that you and your children have received this year. **During the summer, there are lots of delicious fresh seasonal fruits and vegetables: cherries, strawberries, apricots, plums, nectarines, peaches, melons, corn, green beans, tomatoes, and red & green peppers, to name a few.** To purchase the ingredients you'll need for your favorite recipes, meals, and snacks, consider local and organic produce at the City's Farmer's Markets. Here are their summer hours:

SUMMER FARMER'S MARKETS	T	W	TH	F	Sat	Sun
Alemanya * (W) 100 Alemany Blvd.					6-5	
Bayview (W, E) Third & Galvez (starts 5/21/05) Seasonal: end of May – mid-December					9:30 - 1:30	
Cannery* (W, E) Del Monte Square (Jefferson and Leavenworth)				9-2	9-2	
Ferry Plaza (W, E) Embarcadero at base of Market Street Year-round: Tues and Sat May – Nov: Thursday evening	10-2		4-8		8-2	
Fillmore Street (W, E) Fillmore and Eddy Streets April 30 – Nov 19, 2005					8:30-1	
Heart of the City * at Civic Center (W, E) Market Street, between 7th and 8th Streets		7-5:30				7-5
Kaiser Hospital (W, E) 2425 Geary Blvd. June 1, 2005 – Nov. 23, 2005		10-2				
Mission Village 2955 18th Street, at Alabama Street					9-1:30	
Noe Valley* 24th St. (between Sanchez and Vicksburg)					8-12	

* = year round; W = accepts WIC coupons; E = accepts Electronic Benefits Transfer

Mango Facts

- There are over a thousand different varieties.
- Mangos are an excellent source of Vitamin A and a good source of Vitamin C.
- When buying mangos, choose ones that are plump, firm, and yield to slight pressure when ripe. Size and color differ according to variety and are not an indicator of quality or sweetness. Black speckling is normal as mangos ripen.
- Store unripe mangos at room temperature. Once ripe, they can be refrigerated up to one week. Sliced mango should be wrapped in plastic and refrigerated.



Mellow Mango Pops

- 1/2 cup low fat milk or yogurt
- 3/4 cup water
- 1/4 cup juice concentrate
- 2 cups chopped mango

Place mango in blender and puree until smooth. Add milk or yogurt, water, and juice concentrate. Pour into ice cube trays or paper cups. Put in spoons or wooden sticks and freeze until firm, about 6 hours. Remove from container and enjoy. Makes 7- 4 oz. servings



Nutrition and Physical Activity Tips

Consider doing one extra daily activity with your family to improve their health. Here is a checklist of possible options:

- Eat one more piece of fruit everyday.
- Ask your child to choose one new vegetable to try. Together, learn how it is prepared or served. Have fun trying it.
- Walk more, play more, dance more!
- Replace one soda drink with water or a 100% fruit or vegetable juice.
- Turn on your favorite music and clean the house together.
- Make a vegetable salad with your child.
- Have 1/4 cup of dried fruit and 1/4 cup of nuts or seeds as a snack instead of candy.
- Walk to your neighborhood library, select books on healthy eating and physical activities.



School Health Program; Department & Nutrition Education Project wish you a happy, healthy summer!

