

Fruits and Vegetables

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Eat a Variety of Colors

The average person might not care to know the details regarding which nutrients they're getting when they eat fruits and vegetables, but eating a variety of different colors on a daily basis can help ensure that you're eating healthier.

Having a variety of colors on our plates not only makes for an attractive meal, but it also provides for a broader range of nutrients. An added benefit is that kids are often drawn to the colors and may be more willing to try new, healthy foods.

Fruits and vegetables contain natural antioxidants that help to keep our bodies working at their best. Nutrients like calcium, fiber, folate, iron, potassium, sodium, and vitamin A & C are found within the color spectrum of fruits and vegetables.



In addition, fruits and vegetables are low in calories and come in various shapes, sizes, and textures...all of which can contribute to making dining fun as well as healthy.

Take advantage of the natural beauty and variety found in fruits and vegetables to help your family try new foods.

Remember to buy fruits and vegetables that are in season—they will be cheaper and fresher.

For more information on fruits and vegetables, contact your local Better Living for Texans Office. We'd love to hear from you!

Source:
www.fruitsandvegiesmoreematters.org.

What's in Season This Month: Pineapple

Pineapples are good sources of fiber and potassium and provide some Vitamin C. When choosing pineapples, some people judge them by snapping a finger against the side of the

fruit. A good, ripe fruit should have a dull, solid sound. Immaturity and poor quality are indicated by a hollow thud. Ripe pineapples should be fragrant, have fresh-looking leaves, and feel

heavy and plump. Pineapples may be stored for no more than 4-6 weeks

Source: UC at Berkeley, *The Wellness Encyclopedia of Food and Nutrition* by Sheldon Margen, M.D.

Local Events

- Tuesday, March 22: “Taste of Home Cooking School”, 6:30 p.m. (doors open at 5:00 p.m.), Hopkins County Civic Center, be sure to visit the Texas A&M AgriLife Extension Exhibit!
- Wednesday, March 23: “My Plate” presentation for Head Start 3’s & 4’s, 9:30 and 10:00 a.m., Early Childhood Learning Center, presented by Johanna Hicks
- Saturday, March 26: Home & Outdoor Expo, 9:00 a.m. to 6:00 p.m., Hopkins County Civic Center, listen to Thunder Country and The Way radio for free tickets
- Mondays & Thursdays, April 4, 7, 11, 14, and 18: “Do Well, Be Well with Diabetes” series, 1:30 p.m., Texas A&M AgriLife Extension Office, 1200-B W. Houston, Sulphur Springs. Cost is \$25, payable at the front door which covers materials, refreshments, door prizes, and more. Call 903-885-3443 to sign up. If fee is a problem, let us know!
- Saturday, April 9: Kids’ Safe Saturday, 9:00 a.m. to 1:00 p.m., Buford Park – free hot dogs and drinks, games, prizes. Be sure to stop by the Texas A&M AgriLife Extension exhibit for the Spin Wheel game!
- Friday, May 20: “Cooking Through the Seasons”, 9:00 a.m. to 12:00 noon, at the ROC (Recreation Outreach Center of First Baptist Church), 115 Putman Street, \$15 fee covers goody bags, cooking demonstrations, six full menu recipe cards, refreshments, table décor demonstrations, door prizes, and more! Sponsored by Texas A&M AgriLife Extension agents in Hopkins, Rains, and Wood Counties. Call 903-885-3443 for registration information.

Monthly Recipe: Mixed Fruit Salad

Makes: 6 servings

Total Cost: \$3.24

Serving Cost: \$0.54

Ingredients:

- 1 can mandarin oranges, drained
- 1 can fruit cocktail, drained
- 1 can pineapple chunks, drained
- 2 apples (chopped)
- 1 banana (sliced)

Directions:

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.



For more information on SNAP-Ed, contact your local county Extension office. Better Living for Texans is located in over 200 counties across the state.

Texas A&M AgriLife Extension Service and Better Living for Texans programs are available to all without discrimination.

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