

SNACK FACTS

Don't forget to wash your hands before you eat!

Handwashing is one of the simplest and best ways to stay healthy and prevent spreading germs.

PEARS

Are pears grown in Ontario?

- YES!
- There are five major varieties grown in Ontario: Bartlett, Clapp's Favourite, Anjou, Bosc and Flemish Beauty

The pears sent to your school were grown in the Niagara Region

When are pears grown?

- Ontario's most popular variety, Bartlett, peaks in August and September.

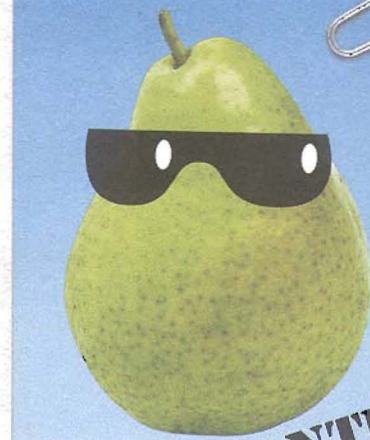
How are pears used?

- As a quick healthy snack
- As part of a delicious and nutritious fruit cocktail
- Served with yogurt dip or as a healthy topping for pancakes
- In special baked desserts such as pies, crisps and crumbles

Did you know?

- Pears are high in fibre and a source of Vitamin C, folate, Vitamin K, potassium and copper.
- Pears are shaped like a bell and colours can range from yellow to brown, green to red.

PEARS



WANTED

- Pears bruise very easily so they need to be handled with care and stored in the fridge to prevent spoilage.

Vegetables and fruit contain vitamins, minerals, fibre and belong to five different colour groups: red, yellow-orange, green, blue-purple, and white-tan-brown.

Pears belong to the white-tan-brown colour group:

- White, tan and brown vegetables and fruit contain special compounds called *phytochemicals* such as *allyl sulfides* and *polyphenols* which may reduce the risk of heart disease.

Reference: *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.* Northern Healthy Eating Project. 2006.



Students:

- Do you know where the Niagara Region of Ontario is? Can you find it on a map? (Answer on back)

Parents:

- For dessert, ask your child what their favourite fruits are and use them to create a yummy fruit salad.

Teachers:

- Pear cups would be a nutritious item to sell in your school. For more information refer to *Paint Your Plate!* section 3.2.



SNACK FACTS

Helpful pear tips:

- A ripe pear is still firm but gives a little when pressed
- Pick pears that have smooth skin and no wrinkles or bruises
- Pears bruise very easily, so handle with care and eat them as quickly as possible
- Keep pears in the fridge because cooler pears have more flavour

Reference: *Produce Facts*. Foodland Ontario. Available at: www.foodland.gov.on.ca/facts/pears.htm

Are you having some challenges getting your child to eat vegetables and fruit?

Give these tips a try:

- Offer sliced cucumbers, tomatoes, apricots, plums or corn on the cob as an after school snack;
- Try serving the same vegetables prepared in different ways. Some kids may prefer raw carrots, while others may like them steamed or grated;
- Add a drizzle of maple syrup over squash, or a sprinkle of cheese to cauliflower;
- Make your own fruit slushies with pureed fruit and crushed ice;
- Get kids in the kitchen! Ask them to wash grapes for a fruit salad, mix blueberries into pancake batter, or put peppers and pineapple on a pizza;
- Let the kids help you pick vegetables and fruit at the grocery store; and
- Be a positive role model. Your child may be more willing to eat (or at least try) green beans, bok choy or zucchini, if they see you enjoying them.

Where is... the Niagara Region?

The Niagara Region occupies most of the Niagara Peninsula and is on the border with the United States.



Niagara Fruit Bread

This is a fast stir-together version -- no mixer needed.

- 2 large ripe Ontario pears
- 2 cups (500 mL) all-purpose flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) each salt, cinnamon, nutmeg and allspice
- 1 1/2 tbsp (22 mL) finely chopped crystallized ginger
- 2/3 cup (150 mL) granulated sugar
- 1/2 cup (125 mL) trans fat-free margarine, melted
- 2 eggs
- 1/3 cup (75 mL) milk
- 1 tsp (5 mL) vanilla

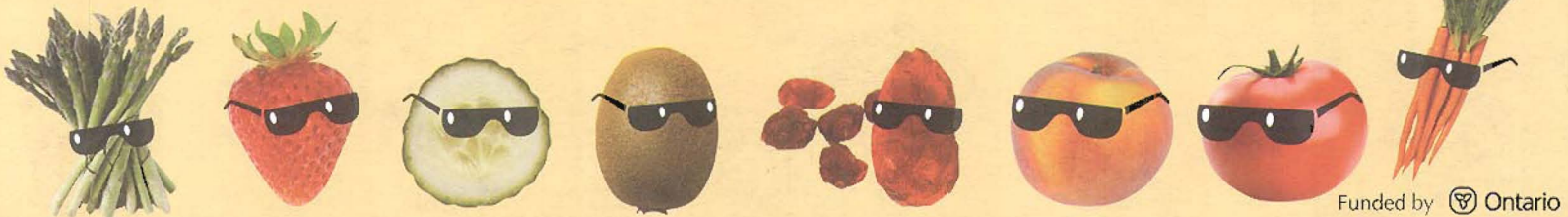
Grease a 9 x 5-inch loaf pan. Peel pears; coarsely grate and drain well. In bowl, stir together flour, baking powder, soda, salt, cinnamon, nutmeg, allspice and ginger until evenly blended. Make a well in centre.

In medium bowl, whisk together sugar and margarine; whisk in eggs until evenly blended. Whisk in milk and vanilla. Pour into flour mixture; stir until moistened. Stir in 1 cup (250 mL) grated pears until evenly distributed. Pour into prepared pan and smooth top. Bake at 350°F for 45 to 55 minutes. Let cool in pan for 10 minutes. Turn out of pan and let cool completely on rack. Store well wrapped in refrigerator for up to 2 weeks or freeze. Makes 16 slices.

Source: Foodland Ontario, 2007

Remember:

Try to make healthy eating and physical activity a part of your daily routine.



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