

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.

STRAWBERRIES

Are strawberries grown in Ontario?

- YES!
- During the strawberry season you can visit pick-your-own fields and pick your own fruit.

The strawberries sent to your school were grown in Simcoe, Ontario

When are strawberries grown?

- Strawberry season peaks in June and July.

How are strawberries used?

- Fresh and washed as a yummy snack
- On cereal, pancakes or in a fruit smoothie
- In jam

Did you know?

- Strawberries are a source of manganese, fibre, folate and especially Vitamin C.
- Strawberry seeds are on the outside of the fruit. It is the root that allows the plants to reproduce, not the seeds.
- Strawberries are part of the rose family.

STRAWBERRIES



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

Strawberries belong to the red colour group:

- Red vegetables and fruit contain special compounds called *phytochemicals* like *lycopene* and *anthocyanins* which may reduce some cancers and other diseases.

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



Students:

- Do you know where Simcoe, Ontario is? Can you find it on a map? (Answer on back)

Parents:

- Watch out for handouts such as the *Eat Vegetables and Fruit Throughout the Day!*

Teachers:

- For ideas on how to make vegetables and fruit come alive in your school, refer to *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.*



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Tips to get active

Children and Youth

- Help your mom or dad carry groceries
- Walk to school
- Walk the dog
- Put on some music and dance
- Build a snowman or snow fort
- Go snowshoeing, ice-skating, tobogganing, skiing or snowboarding. Be sure to wear your helmet.
- Go swimming, rollerblading or for a bike ride
- Play baseball, soccer, tennis or games like tag or hide-and-go-seek outside

Adults

- Walk outside with co-workers during breaks or the lunch hour
- Take the stairs instead of the elevator
- Park further away from entrances
- Shovel the driveway
- Rake the leaves or go for a walk or hike when the leaves are changing colours
- Garden or mow the lawn
- Take a martial arts, hip hop, aerobics, gymnastics or swimming class

Family Activities

Participating in physical activity as a family gives everybody an opportunity to reach their activity goals and spend quality time together. Here are some family activities you can try.

- Find a local trail map and take a hike together
- Go tobogganing or ice-skating together
- Go for a family walk around the neighbourhood after dinner
- Organize teams and play a sport like road hockey, basketball, flag football or baseball

Where is... Simcoe, Ontario?

Simcoe is a community of approx. 16,000 people in southwestern Ontario, near Lake Erie.



Strawberry Bran Muffins

- 1 cup (250 mL) all-purpose flour
- 1/3 cup (75 mL) granulated sugar
- 2 1/2 tsp (12 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1 cup (250 mL) bran flake cereal
- 1 cup (250 mL) low-fat milk
- 1 egg
- 3 tbsp (45 mL) vegetable oil
- 1 cup (250 mL) Ontario strawberries, cut into eighths



1. Combine flour, sugar, baking powder and salt in a bowl.
2. Combine cereal and milk into large mixing bowl and stir. Let stand for 3 minutes or until most of the moisture is taken up. Add egg and oil. Beat well.
3. Add flour mixture stirring just until combined. Fold in strawberries. Spoon batter evenly into 12 lightly greased muffin pan.
4. Bake at 200°C (400°F) for about 20 minutes or until golden brown and firm to the touch.

Remember:

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



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