Dear CATCH Kid and Family:

During the next 3 weeks of lessons, the CATCH Kids Club (CKC) will focus on the importance of eating fruits and vegetables and drinking 100% fruit juices. In fact, it’s so important that everyone should try to get Five-a-Day—at least 3 servings of vegetables and at least 2 servings of fruits to make a total of at least Five-a-Day. Why are these foods so important?

**Take a look...**

**Fruits, vegetables, and *100% fruit juices:**

- **are a good source of vitamins and minerals (including potassium, iron, Vitamin A** and Vitamin C***)**
- **may help reduce the risk of cancer**
- **are almost all low in calories and fat**
- **provide fiber****

*6 ounces of 100% fruit juices may count as one of the 2 recommended fruit servings per day. 100% fruit juice does not contain a significant amount of fiber and too much juice is linked to tooth decay and could contribute to excess calories.

**Vitamin A helps eyes and skin to stay healthy and helps bodies to grow as they should.**

**Vitamin C helps wounds to heal and bodies to use the iron found in plant foods.**

**Fiber may prevent certain cancers from starting and may help lower blood cholesterol.**

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**TIPS FOR FIVE-A-DAY EVERY DAY**

- First, use the fruits and vegetables that go bad quickly (like pears and asparagus). Save those that last longer (like apples and carrots) and the frozen, canned, and dried types for later in the week.
- Keep a bowl of fruit, small packs of applesauce, and raisins or other dried fruit on the kitchen counter, table, or the place where you work.
- Pack a piece of fruit or some cut-up vegetables in your briefcase, lunchbox, or backpack.
- Keep a bowl of cut-up vegetables in the refrigerator, ready to eat.
- Add fruits and vegetables to your lunch by having them in soup, salad, or cut up raw. Put lettuce and tomato on your sandwich. Eat a baked potato with low-fat sour cream.
- Add vegetables to your dinner by microwaving or steaming them. Add fruits to dinner by including them in the dessert: frozen yogurt with banana slices, apple crisp, frozen fruit juice popsicle.
- Increase serving sizes when you serve fruits and vegetables. Season them the low-fat way with herbs, spices, and/or lemon juice.
HOW ABOUT A SNACK?

Fruits and vegetables make great snacks. They’re low-fat or nonfat. Some are crunchy, some are sweet. And, they do good things for your body.

FROZEN FRUIT FAVORITES

Ingredients:
2 cups orange juice
12 bite-sized pieces of fruit like bananas, strawberries, grapes, pineapple chunks

Utensils:
measuring cup
knife
ice cube tray

DIRECTIONS:
1. Put a bite-sized piece of fruit on each section of an ice cube tray.
2. Pour fruit juice into the tray.
3. Carefully place the tray in the freezer.
4. Wait at least an hour until the juice cubes harden.
5. Add the cubes to a glass of fruit juice or eat them plain.

4 Servings