



# WIC Healthy Family Newsletter

Summer 2005

## Summertime – the Time for Fresh Fruits and Vegetables

What could taste fresher than a tomato or peach that was picked the same day you bought it? When you buy produce grown by farmers in your local area, you get the freshest, best tasting fruits and vegetables available. Also, the fresher the produce, the more vitamins it has. Look around in your area for farmers' markets or stores that buy their produce from local growers. Texas farmers grow more than 60 different fruit and vegetable crops to sell, and that means more fresh fruits and vegetables for your family.

**Great for a Snack Attack** — Feed your snack attack with fresh fruits and vegetables. They are nature's fast food — healthy, great tasting, and ready to grab and eat. Buy and keep fresh fruits and vegetables available in your home. Introduce your family to the taste of fresh foods. And, snacking on fresh produce is cheaper and healthier than snacking on cookies, chips, and candy.

**Natural Nutrition** — Fresh produce helps keep you and your family energized and healthy, and is an excellent source of vitamins, minerals, and fiber. Take a look at what they provide.

- Vitamin A — for good vision
- Vitamin C — to help your body absorb iron
- Potassium — to help maintain normal blood pressure
- Folate, a vitamin — to help prevent birth defects and heart disease
- Fiber — to help reduce the risk of heart attack and certain types of cancer

**Nature's Health Food** — Want to eat something that is delicious, contains no cholesterol, little or no fat, no added sugar, and is low in calories? Fresh fruits and

vegetables are the answer; they fit into any healthy eating plan.

**Farm Fever** — Do your kids think food is “born” in the grocery

store? This summer grow some of your own food. Many vegetables and herbs can be grown in a small area or in containers. This is a great way to teach your children where food comes from and how it grows. Your children will be much more willing to eat something they help plant and grow. For tips on growing your own herbs, vegetables,

or fruits, contact the county extension agent in your area at <<http://county-tx.tamu.edu/>>.

**Pick Texas** — Pack up the family and head out to a local farm to pick your own fresh produce. Learn about local farmers, teach your kids about healthy foods, and come home with the freshest food available. The Texas Department of Agriculture can help you find farmers in your area that will let you pick your own produce. For information contact TDA at 1 (800) 835-5832, or visit the Web site at: <[http://www.agr.state.tx.us/picktexas/pyo/county/produce\\_guide2.htm](http://www.agr.state.tx.us/picktexas/pyo/county/produce_guide2.htm)>.

Need some fresh ideas for family activities? Involve your kids in gardening or take them to a local farm. You will all get the benefits of being together, being outdoors, having fun physical activity, and eating more fresh fruits and vegetables.



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