

Peach

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about peaches, watch Eating Healthy with Michelle – Lesson 21. The video can be found at <https://www.youtube.com/watch?v=4NEfIO0lgo>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- Peaches are in season May through October with the peak in June, July, and August.
- Peach trees are a short-lived tree, living about 20 years.
- Some peach trees grow in Iowa but most peaches are grown in California, Georgia, and South Carolina.
- The United States is the world's leading grower of peaches.
- Peaches are a great source of:
 - Vitamin A – helps our eyesight
 - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
 - Fiber – helps our digestive system



How to Pick 'Em

- Choose peaches that are:
 - Firm
 - Have a fuzzy skin
 - Yellow tint in color
- Avoid peaches with blemishes or green tints of color.
- Fresh peaches are ready to eat when they give to gentle pressure.



Try it at Home

- Peaches can be eaten fresh, canned, or frozen.
- Add peaches to salads, salsas, smoothies, or baked goods like breads, pies, and cobblers.
- Add as a topping to hot or cold cereal, waffles or pancakes, cottage cheese, or ice cream.

Quick Fruit Dessert

Ingredients:

- 8 vanilla wafers
- 2 cups low fat or nonfat milk
- 1 box (3.4 ounces) instant vanilla pudding
- 1 cup fresh fruit (peaches, nectarines, blueberries, strawberries, bananas, etc.)



Directions:

1. Place one vanilla wafer on bottom of small paper or plastic cup or in a small bowl. Do the same for each vanilla wafer.
2. Pour milk and pudding mix into a bowl, prepare pudding according to the directions on the box.
3. Top each vanilla wafer with 1/4 cup of vanilla pudding.
4. Cover and refrigerate 30 minutes to 8 hours.
5. Top with washed and cut up fresh fruit just before serving.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/quick-fruit-dessert/>

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