



## Peaches

This month with Pick a better snack™ students are tasting peaches or another stone fruit. Stone fruits, like peaches, plums, apricots and avocados, have a large stone or pit in the center. You probably know how delicious a fresh peach is in the summertime. This is because it is in season. When fruits and vegetables are in season they taste better and are usually less expensive.

Peaches can grow in Iowa, but aren't ready to be picked until July or August. It's fun to look forward to summer when we can eat a sweet, juicy peach. In the meantime, your money will likely go farther buying canned or frozen peaches. Look for store brands for the same product at a cheaper price.

## Ideas for Eating Peaches

- Wash a fresh peach under cold running water and eat it for a yummy snack.
- Chill canned peaches for a refreshing snack or dessert.
- Sprinkle cinnamon on canned peach slices.
- Top warm oatmeal or cold cereal with diced peaches.
- Sprinkle granola on top of diced peaches.
- Add frozen peaches to smoothies.
- Cut up fresh peaches and add to a fruit salad.
- Add diced peaches to cottage cheese for a healthy snack.
- Top pancakes with diced peaches for a healthy alternative to syrup.

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to [dhs.iowa.gov/food-assistance](https://dhs.iowa.gov/food-assistance) for more information.

## Peach Tips

**Selecting:** Choose golden colored fresh peaches with no green color or bruises. Hard peaches will typically ripen.

**Storing:** Place unripe fresh peaches in a paper bag at room temperature for faster ripening. Peaches are ripe when they give to gentle pressure. Refrigerate ripe peaches in a plastic bag for up to 5 days. Store unopened cans of peaches at room temperature. Once the can is opened, the remaining peaches should be stored in a tightly covered container (not in the can) and refrigerated.

**Buying:** A great price for fresh peaches is \$.99 per pound (about 3 medium peaches). When buying canned peaches, select peaches packed in 100% juice. If buying frozen, look for "unsweetened". Single-serve containers are convenient, but are usually more expensive. Compare brands of fruit cups for the best price.

