

Pear

Farm to School

October is National Farm to School Month. Ask your child's teacher how you can get involved. Many schools need volunteers for their garden.



ALL Movement Counts!

You've heard it. Kids need 60 minutes or more of activity every day. Adults need at least 150 minutes each week. Break up the minutes throughout the day. Can your child walk or bike to school? Can you take a walk while you're waiting for your kids at the fields? It all adds up!



**Fuel
your
fun**

Eat fruits
and veggies.



A PEAR-fect Snack!

Take this quiz to learn why pears make the perfect snack. Choose the best answer.

- A fresh pear can help you feel full, providing more of this nutrient than most fruits.

<input type="checkbox"/> a. Vitamin A	<input type="checkbox"/> c. Fat
<input type="checkbox"/> b. Protein	<input type="checkbox"/> d. Fiber
- Pears are in season in the fall and winter, which means:

<input type="checkbox"/> a. They taste especially sweet and juicy.	<input type="checkbox"/> c. They likely don't travel far to the store.
<input type="checkbox"/> b. They are cheaper this time of year.	<input type="checkbox"/> d. All of the above.

- There are many varieties of pears to choose from. Which is **not** a variety of pear?

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> a. Bartlett | <input type="checkbox"/> c. Anjou |
| <input type="checkbox"/> b. Golden Delicious | <input type="checkbox"/> d. Bosc |
- Canned pears are healthy too. For the healthiest snack, eat canned pears:

<input type="checkbox"/> a. Right away.	<input type="checkbox"/> c. Packed in 100% juice.
<input type="checkbox"/> b. On top of ice cream.	<input type="checkbox"/> d. Packed in heavy syrup.
 - You can find pears about anywhere. Where is the next place you'll look?

<input type="checkbox"/> a. School lunch	<input type="checkbox"/> c. Farmers market (pears grow in Iowa)
<input type="checkbox"/> b. Grocery store	<input type="checkbox"/> d. Food pantry

Answers: 1) d, 2) d, 3) b, 4) c, 5) any are correct

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Pick a better snack™

