

Did you know?

- ◆ Plum trees are grown on every continent except Antarctica.
- ◆ Prunes are dried plums. They are known for being good for digestion.
- ◆ Plums are stone fruits, meaning their fleshy fruit surrounds a single hard seed.
- ◆ The plum is a member of the rose family and is a close relative of peaches, apricots and cherries.



PLUM POSSE

JOKE

Why did the banana go out with the prune?

Because he couldn't find a date!

Parents,

This month in the cafeteria we are sampling plums. Plums make for a great on the go snack. When choosing snacks, make sure to keep it simple. A bag of fruits and vegetables will be healthier than most packaged snacks. Snacks are an important part of a healthy diet for active children.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

| | VEGETABLES | FRUITS |
|---------------------|--------------|--------------|
| Children, Ages 4-8 | 1 ½ cups | 1 - 1 ½ cups |
| Children, Ages 9-13 | 2 - 2 ½ cups | 1 ½ cups |
| Teens, Ages 14-18 | 2 ½ - 3 cups | 1 ½ - 2 cups |

RÉCIPE

Dried Plum Snack Skewers

Ingredients

- 1 medium apple, cored and cut into 16 wedges
- 3 ounces Cheddar cheese, cut into 1-inch x 1/2-inch cubes
- 16 pitted dried plums
- 16 toothpicks

Directions

Thread 1 apple wedge, 1 cube of Cheddar cheese and 1 dried plum onto toothpick. Repeat with remaining ingredients.