

## **HARVEST OF THE MONTH**

# PEAGE

Tasty and good for you!

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### WHY SHOULD I EAT FRESH PEACHES?

There are a ton of nutrients in peaches.

They are a great source of vitamin C and vitamin A that help build healthy eyes and bones. Peaches also have lots of fiber in them which helps your digestive health!

#### **MAKE IT!**

#### PEACH SMOOTHIE

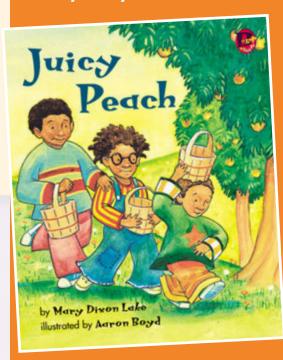
1 medium banana cut in chunks 1 ripe peach pitted and sliced 1 (6) oz low fat peach yogurt 1/4 cup orange juice 1 cup small ice cubes

Combine all ingredients in blender container; blend 1 to 2 minutes or until smooth and frothy.

https://lilluna.com/peach-smoothie/

#### **READ IT!**

Juicy Peach by Mary Dixon Lake



Three boys find, pick, and eat a perfect juicy peach.

Buy this book here: https://bit.ly/3aVZThH

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