

HARVEST OF THE MONTH

PEACH



Tasty and
good for
you!

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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