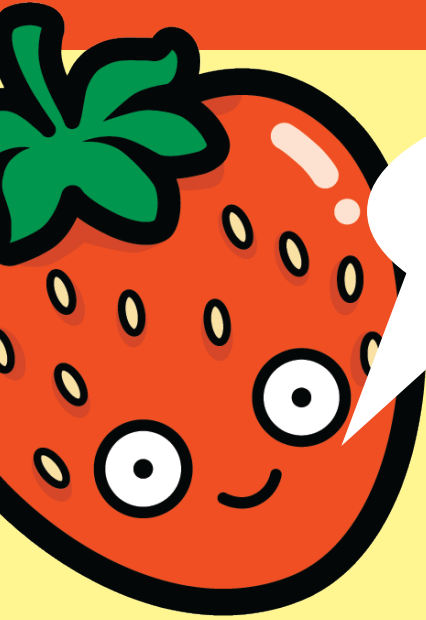


EAT FRESH. LIVE BETTER.
**HARVEST OF THE MONTH:
STRAWBERRIES**

www.qualitycareforchildren.org/farm-to-ece

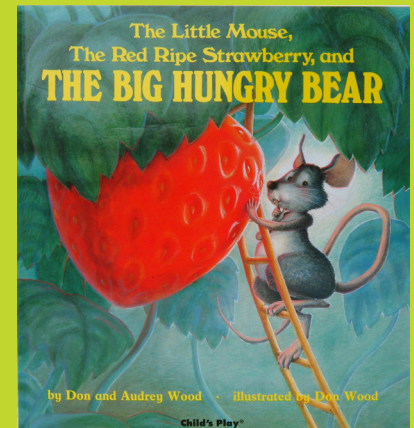


**WHY ARE
STRAWBERRIES
IMPORTANT?**

Strawberries are probably one of the healthiest fruits. A serving of strawberries has more vitamin C than a serving of oranges and can provide the daily recommended intake of vitamin C. They also contain iron and other minerals.

READ IT!

The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear
by Audrey and Don Wood



First published in 1984, a picture book in which the Little Mouse will do all he can to save his strawberry from the Big, Hungry Bear, even if it means sharing it with the reader.

Buy this book herehere:
amzn.to/2JGK1xR

Want more books to read?
Look at our monthly book list:

www.qualitycareforchildren.org/homstrawberries

MAKE IT!
HEALTHY FRUIT PIZZA MINIS

Ingredients

4 medium tortilla, whole wheat
1/2 cup Greek yogurt, plain
1 teaspoon honey
1/2 teaspoon vanilla extract
3/4 tablespoon orange juice

Toppings

1/4 cup strawberries
1/4 cup kiwi
1/4 cup mandarin oranges, canned in juice
1/4 cup blackberries
1/4 cup grapes, green

Instructions

1. Using a small cookie cutter or drinking glass, cut circles into tortillas. Set aside.
2. In a small mixing bowl, blend together yogurt, honey, vanilla and orange juice until fully blended. Slice strawberries; peel kiwi and slice; drain oranges and slice into smaller pieces; slice blackberries and grapes into quarters
3. Spread yogurt mixture onto tortillas and top with fruit.

www.superhealthykids.com/recipes/healthy-fruit-pizza-minis/

