



NUTRITION NEWSLETTER



August 2025

Fresh Fruit

What fruit is in season in August?

- Berries (Raspberries, Blackberries, or Huckleberries)
- Melons (Watermelon, Cantaloupe, and Honeydew)
- Apples
- Nectarines
- Peaches
- Pears

Farmers' markets and local fruit stands offer good options to get fresh and local fruit.

Essential Nutrients

Fruits are packed with essential nutrients that are important for a healthy diet.

- Fruits are great sources of a variety of vitamins, such as vitamin C, which is important for your immune system, and vitamin A, which is important for eye health.

Many fruits have antioxidants that help protect your body's cells from damage.



Daily Serving

The recommended daily serving of fruit is between 1-1/2 and 2 servings, which is equal to:

- One large banana
- Two medium apples
- Two cups of mixed berries

If you aren't able to access fresh fruit, canned and frozen fruits are great and nutritious alternatives. They are picked and packaged quickly to help preserve the nutritional value.

Fruit Food Safety

Eating fruit is important for a healthy diet, but it is important to make sure you are practicing food safety when preparing it.

- Wash your fruit under running water before cutting, peeling, or eating it.
- Store fruit away from raw meat.
- After cooking, cutting, or peeling fruit, it should be refrigerated within 2 hours (1 hour on hot days above 90 degrees).

Practicing good food safety can help reduce your risk of food poisoning.

Fruit Salad

Recipe can be found at https://www.ncsfpa.org/_assets/2012/03/CSFPCookbookSept2011.pdf

Ingredients:

- 1 can CSFP peaches
- 1 can CSFP mixed fruit, drained
- 1 banana sliced
- 1-2 apples, diced or sliced

Method

1. Pour the canned peaches (with the juices) and mixed fruit (drained) into a large bowl.
2. Add banana and apple; mix well.
3. Chill before serving.

Add any of your other favorite fruits that are cut up.