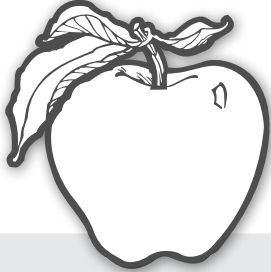


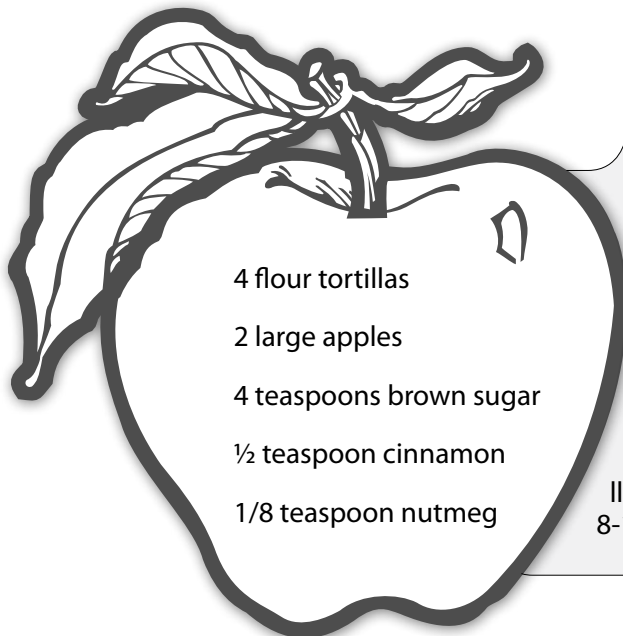
Apples! Peaches! Pumpkin pie! Who's not ready?



Are you ready for some yummy fruit snacks? Choosing snacks made of fruit is a good step in eating healthy. Another healthy step is in properly cleaning fruit.

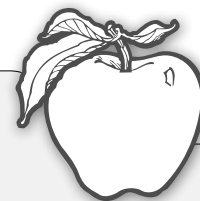
When cleaning fruit, The Partnership for Food and Safety Education recommends:

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers, and knives that will touch fresh fruits or vegetables before and after food preparation.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.



4 flour tortillas
2 large apples
4 teaspoons brown sugar
½ teaspoon cinnamon
1/8 teaspoon nutmeg

Pocket Apple Pie



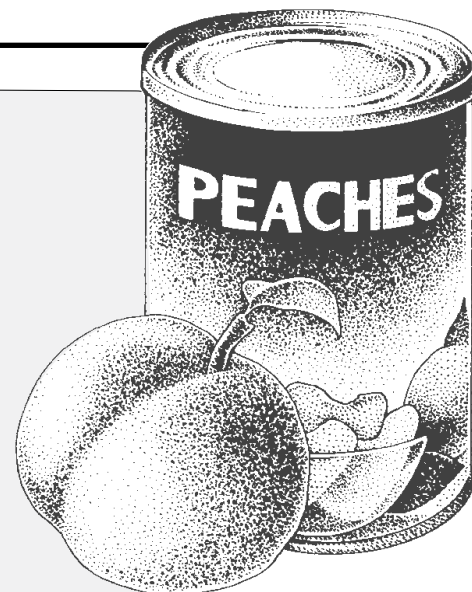
Warm tortillas in microwave to make them easier to handle. Peel and chop apples into small pieces and place $\frac{1}{4}$ of the apples on half of each tortilla. Stir together brown sugar, cinnamon, and nutmeg, and sprinkle over the fruit. Roll up the tortillas, starting at the end with the fruit, and place on an ungreased baking sheet. Make small slits in the tortillas to allow steam to escape. Bake at 350 degrees for 8-12 minutes or until light brown. Serve warm or cool.

Easy Cheesy Crunch Peach Pie

3 15-oz. cans sliced cling peaches, packed in 100% juice
4 cups low-fat granola cereal, divided
2 tablespoons corn syrup
1 8-oz. package fat-free cream cheese, softened

Drain peaches; reserve juice. Combine 3 cups granola, corn syrup, and $\frac{1}{2}$ cup juice. Press mixture to form crust into a 9" glass pie pan. Dice 1 cup of peaches. With electric beater, combine diced peaches and cheese. Spread mixture over crust; chill. Prior to serving, top with peach slices and remaining granola.

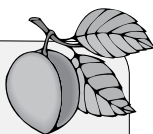
(Recipe from California Cling Peach Growers Advisory Board)



Caution: When offering foods to young children, be aware of choking hazards such as nuts, popcorn, raw vegetables, and hot dogs; do not give these to infants. Closely supervise young children when they eat.

Apricot Pitas (Serves 2)

4 apricots, seeded and thinly sliced
2 pita bread pieces (4 halves)
1 cup low-fat or nonfat cottage cheese
12 thin slices of cucumber or red bell pepper
Fill each pita with cottage cheese, apricots, and cucumber or pepper slices.



Select fresh apricots that are plump, firm and orange-gold. Avoid those tinged with green as they may never develop full flavor. Unripe apricots should be stored in a paper bag on the kitchen counter. Once apricots are ripe, store them in the refrigerator for 1-2 days.

Lions, Tigers, and Bears – Pumpkin Pie!

1 $\frac{1}{2}$ teaspoons butterscotch instant sugar-free pudding mix
 $\frac{1}{4}$ cup fat free milk
 $\frac{1}{4}$ cup canned pumpkin puree
 $\frac{1}{8}$ teaspoon pumpkin pie spice
Assorted animal crackers

In a small freezer-weight, plastic bag, combine pudding mix and milk. Close bag and shake about one minute. Add pumpkin puree and spice to bag. Shake to mix. When mixed, cut a hole in the bottom corner and squeeze mixture into a cup. Use assorted animal crackers as spoons to eat the pie!

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Sources: The Partnership for Food and Safety Education www.fightbac.org, www.foodandsafety.gov,
Iowa State University Cooperative Extension www.extension.iastate.edu