

JULY – DELIGHTS OF THE ORCHARD

“Nibble with Willow” at Home

Goal: Explore stone fruit: peaches, nectarines and plums in family meals

RECIPE: Stone Fruit Salad

Activities to do with your child:

- Shop for peaches, plums and nectarines together.
- Prepare a picnic to enjoy the fruit salad outside in a nice summer day.
- Make the summer fruit salad together.

Nurture your Child's Curiosity for Food:

- What shape and color is the peach?
- Compare the shape/color of the different stone fruits.
- Describe the texture of the peach?
- What is in the center of each of these fruits?
- Is the stone or pit a seed? What would happen if you plant it?
- Say “1,2,3 Nibble!” and then taste the new food together.



TIPS FOR PARENTS

Healthy Foods for Children

- Parents are encouraged to eat meals together with their children. The food served at family meals should be the same healthy and varied foods that the adults eat, just in smaller pieces and portions.
- Research has shown that children who regularly eat meals with their parents, eat a bigger variety of fruits and vegetables than children who eat alone.

Kids Food Myth

- The food industry markets many unhealthy ‘kids foods’ to children and their parents. This has created a myth that children need different foods than adults. Most restaurants do the same. Don’t be fooled - serve your children what you eat, they will learn to love it!

Negative Consequences of Kids Foods

- Less Variety of food
- Lower Quality of food
- Lacking Nutrients

STONE FRUIT SALAD



INGREDIENTS

2	Peaches
2	Nectarines
2	Plums
1 teaspoon	Honey
1	Lime, halved



Prep Time: 10 minutes
Makes 4-6 servings

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.

1

ADULT

HALVE all the stone fruit and REMOVE the pit.

2

ADULT
& CHILD

Help SLICE the fruit halves into segments (about ½ inch thick). Help SLICE the segments into bite-sized pieces. ADD to a serving bowl.

3

ADULT
& CHILD

Help MEASURE the honey over the fruit. Help SQUEEZE the lime over the fruit to taste. MIX well and SERVE.