

# Harvest of the Month

NORTH COUNTRY REGION  
**EAT SMART NY**

The *Harvest of the Month* featured fruit is

## Peaches



### Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of peaches has vitamin C, vitamin A, and fiber. A ½ cup of peaches is about half of one medium peach. Vitamin C helps your body heal cuts and wounds. Vitamin A helps keep good vision, fight infection, and keep your skin healthy. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation.

### Healthy Serving Ideas

Mix peach slices with granola and sliced almonds.<sup>†</sup>



Blend a chopped peach and low-fat milk with a few ice cubes. Enjoy a creamy smoothie.



Add sliced peaches and nuts to a green salad for a healthy lunch or dinner.<sup>†</sup>



Visit a farmers' market to find New York State grown peaches- in season fruits and vegetables cost less and taste better.

### Shopper's Tips

- Look for peaches that have a sweet smell and feel slightly firm.
- Keep ripe peaches in the refrigerator for up to one week.
- Put firm peaches in a paper bag at room temperature until ripe.

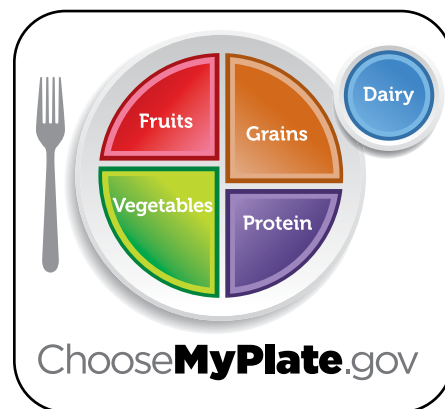
### Let's Get Physical!

Parks are places with lots of ways to be active—from water sports, hiking, and biking to exploring nature, history, and cultures. Visit a park with your family today!

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:

[www.northcountryeatSMARTNY.org](http://www.northcountryeatSMARTNY.org)



<sup>†</sup>Photography courtesy of the California Tree Fruit Agreement.

# Community Workshops

## Eat Smart New York (ESNY)

- ESNY is a federally funded SNAP nutrition education and obesity prevention program. Working with community partners and agencies, our educators share the importance of good nutrition and physical activity.
- Educators deliver a variety of lessons at qualified sites including: DSS, summer meal sites, youth groups, afterschool programs, food pantries, soup kitchens, community centers, senior sites, health clinics and more.
- Interested in bringing ESNY to your site? To find out if you qualify, contact us at **1-844-3MY-ESNY** or **northcountrysnaped@cornell.edu**

## \*Lesson Highlights

### Adults will:

- Identify new fruits and veggies.
- Discover how to enjoy fruits and veggies in all their forms.

## Watertown

Catholic Charities  
MacSherry Parish Ctr.  
227 Sherman St.

Fri, July 6 @ 9:30am

Salvation Army Soup Kitchen  
723 State St.

Fri, July 20 @ 10:30am

Midtown Towers  
Sr. Meal Site \*

142 Mechanic St.

Fri, July 13 @ 11:15am

Wed, July 25 @ 11am

**\* Reservation required (315) 686-4400**

Community Action

518 Davidson St. # 1

Tues, July 24 @ 11am

The Urban Mission

247 Factory St.

Thurs, July 26 @ 2:30pm

Skyline Apartments

454 Mill St.

Tues, July 31 @ 3:30pm

## Alexandria Bay

Village Municipal Building

Sr. Meal Site\*

110 Walton St.

Tues, July 3 @ 11am

Mon, July 31 @ 11:15am

**Reservation required call (315) 686-4400**

## Clayton

Paytner Sr. Center

Sr. Meal Site\*

914 Strawberry Lane

Wed, July 11 @ 11:30am

**\* Reservation required (315) 686-4400**

## Carthage

Long Falls Apts.

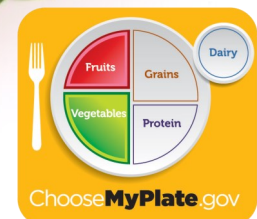
Sr. Meal Site\*

222 State St.

Thurs, July 12 @ 11:30am

Thurs, July 19 @ 11am

**Reservation required call (315) 686-4400**



**Text EatSmartNY to 99000 \*Message and data rates may apply.**



[Northcountryeatsmartny.org](http://Northcountryeatsmartny.org)

