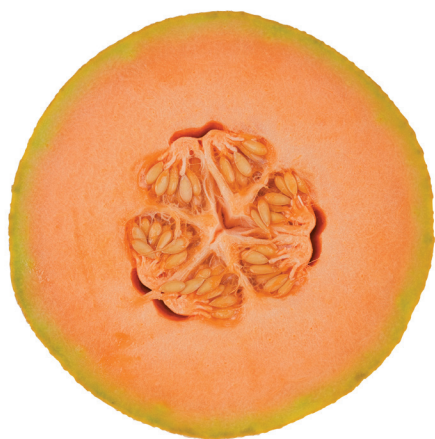


# HEALTHY LIVING LEADS TO HAPPY LEARNING



## WAYS TO LIVE HEALTHY IN **SEPTEMBER**

### FRUIT » CANTALOUPE



**HEALTH BENEFITS:** Cantaloupe is an excellent source of Vitamin C and Vitamin A. It is also a good source of potassium, B Vitamins, and fiber.

**SELECTION / STORAGE:** Select a well-rounded yellow or tan melon with a netting that stands out. It should have a sweet odor and be somewhat soft when pressed on the opposite end of the stem. Avoid melons that are dented or have soft spots. Store ripe melons in the refrigerator and use within 3-5 days. Unripe melons can ripen on the counter for 1-2 days.

**EATING / PREPARATION:** Rinse the melon well and scrub slightly, next wash your hands before slicing it open. Slice in half, then scrape seeds out of the center. Cut it in slices and if desired cut rind off. Cut melons bring concern for food safety. Once they are cut they should be eaten or put in refrigeration right away. Cantaloupe should be discarded after two hours at room temperature. Melons are a great snack plain, sliced on cereal, mixed with yogurt, or in a cold fruit salad.

### VEGETABLE » TOMATOES

**HEALTH BENEFITS:** Tomatoes provide an excellent amount of Vitamin C and are a good source of Vitamin E and manganese; they are also very rich in phytonutrients like lycopene.

**SELECTION / STORAGE:** Select plump, firm, and unblemished tomatoes with deep color. Avoid those with cracks, wrinkles, and soft spots. Store at room temperature up to a week. Very ripe tomatoes can be refrigerated to slow ripening; use within 1-2 days.

**EATING / PREPARATION:** Wash tomatoes under running water. Add sliced tomatoes to sandwiches and diced tomatoes to salads. Get creative and make your own salsa recipe!



### ACTIVITY » FOOTBALL FRENZY



**ACTIVITY:** Sure, watching football can be fun – but aside from jumping up to root on your team, it's not exactly a source of exercise. So, before your weekly ritual of cheering on your team, get your family and friends together for a quick game of touch football. You will all benefit from the exercise and fresh air – and you can even strike your best Heisman pose!