

# ISLAND GROWN HARVEST OF THE MONTH DECEMBER 2013 CARROTS



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

## CARROTS AND OUR HEALTH

» A cup of sliced carrots is about the same as one medium carrot or four baby carrots. This is about one cupped handful.

» A cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.

» Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.

» Frozen, canned, and cooked carrots are just as nutritious as fresh.

## WHEN IS CARROTS IN SEASON?

On Martha's Vineyard, carrots are in season starting in late June, and are available through December.

## Nutrition Facts

Serving Size: ½ cup carrots,  
sliced (61g)

Calories 25      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%

## HEALTH TIP

Include at least 4 different colors in each of your meals. This will give you a variety of nutrients to nourish your body, boost your immunity, and fight disease.

*Health tip provided by Vineyard Nutrition*

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

## HEALTHY SERVING IDEAS

- » Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
- » Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- » Have your child think of other ways to include carrots in family meals.
- » Ask your child to tell you why eating fruits and vegetables is important.

## SHOPPER'S TIPS

- » Carrots are always in season. You can find them fresh, frozen, or canned.
- » Look for smooth, firm, and well-shaped carrots with an even color.
- » Avoid carrots that feel soft, limp, or wilted.
- » Refrigerate carrots in a plastic bag for up to two weeks.
- » Look for low-sodium varieties of frozen or canned carrots.

for more info visit [islandgrowschools.org/harvestofthemoth](http://islandgrowschools.org/harvestofthemoth)

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program).

For SNAP information, call 1-866-950-3663.

