



WIC...

**Healthy Habits,
Healthy Families**

Peaches

Peaches are a good source of vitamin C. Enjoy peaches on cereal, mixed with yogurt or in a smoothie.

Look for North Carolina peaches from June to September.

Buying fresh peaches...

- Select peaches that are soft to the touch, free of bruises and have a slight peachy smell.

Storing fresh peaches...

- Store unripe peaches in a paper bag. Place the bag on the counter for 1 to 3 days.
- Never store unripe peaches in the refrigerator, in plastic bags or in direct sunlight.
- Keep ripe peaches in the refrigerator for 5 to 7 days.

Enjoying fresh peaches...

- Wash peaches carefully in cool soapy water, then rinse well before eating or using.
- Do not peel peaches unless the recipe calls for it.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Peach and Strawberry Smoothies

These recipes use three WIC foods: 100% fruit juice and two fruits you can buy with your cash-value vouchers.

Choice #1

Ingredients...

- 2 large fresh peaches, peeled and sliced
- 1 cup fresh strawberries, washed and stemmed
- 1 cup non-fat vanilla yogurt
- ½ teaspoon vanilla

Makes
2
servings

Directions...

1. Put all the ingredients in a blender. Blend until smooth and creamy.

Nutrition information...

Calories 200; Fat 0.5g, Carbohydrate 42g, Protein 8g, Fiber 4g, Sodium 90mg, Cholesterol 5mg.

Choice #2

Ingredients...

- 1 large fresh peach, peeled and sliced
- 8 strawberries, washed and stemmed
- ¾ cup orange juice
- 4 ice cubes

Makes
2
servings

Directions...

1. Put the peach, strawberries and orange juice into a blender. Blend until almost smooth.
2. Add the ice cubes and blend until smooth.

Nutrition information...

Calories 120, Fat 1g, Carbohydrate 29g, Protein 3g, Fiber 4g, Sodium 0mg, Cholesterol 0mg.

Family Goals

- My family and I will try peaches on cereal.
- My family and I will try peaches for a snack.
- My family and I will try a peach recipe.
- My family and I will try peaches with yogurt.
- Other _____



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