



**WIC...**

**Healthy Habits,  
Healthy Families**

# Strawberries

Strawberries are a good source of fiber, vitamin C and folate. Enjoy strawberries on pancakes, in a salad or on cereal.

Look for North Carolina strawberries from April to June.

## Buying fresh strawberries...

- Select shiny, firm strawberries with a bright red color. Caps should be fresh, green and intact.

## Storing fresh strawberries...

- Keep strawberries in the original container in the refrigerator. Do not wash them.
- Use fresh strawberries within 1 to 3 days.
- Freeze unwashed strawberries in a single layer on a cookie sheet. Once frozen, put them in a plastic bag or freezer container. Rinse just before using.

## Enjoying fresh strawberries...

- Wash and cut stems off strawberries just before eating or using.

**Fruits &  
Vegetables**



**Eat more fruits and vegetables.**

**Increase fiber.**

## Strawberry Roll-up

This recipe uses three WIC foods: whole-wheat tortillas and two fruits you can buy with your cash-value vouchers.

Makes  
1  
serving

### Ingredients...

- 1 (7- to 9-inch) whole-wheat tortilla
- 2 tablespoons non-fat strawberry yogurt
- ½ cup strawberries, sliced
- ½ cup bananas, sliced

### Directions...

1. Spread yogurt down middle of tortilla.
2. Put strawberries and bananas on top of yogurt.
3. Roll up and cut in half.

### Nutrition information...

Calories 250, Fat 3.5g, Carbohydrate 48g, Protein 6g, Fiber 6g, Sodium 190mg, Cholesterol 0mg.

## Strawberry Smoothie

This recipe uses two WIC foods: skim milk and a fruit you can buy with your cash-value vouchers.

Makes  
2  
servings

### Ingredients...

- ½ cup strawberries
- 1 cup low-fat vanilla yogurt
- ½ cup skim milk

### Directions...

1. Put all the ingredients in a blender. Mix until smooth.
2. Serve immediately.

### Nutrition information...

Calories 100, Fat 1.5g, Carbohydrate 14g, Protein 7g, Fiber 1g, Sodium 115mg, Cholesterol 10mg.

## Family Goals

- My family and I will try fresh strawberries.
- My family and I will try strawberries in a salad.
- My family and I will try strawberries on pancakes.
- My family and I will try a strawberry smoothie.
- Other \_\_\_\_\_



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