



December

# SNAC News

Wyoming Nutrition Action Coalition

## Pears for Pairs

### Shopping, Ripening, and Storing Tips

#### Pear Smoothie

This smoothie is a pear-fect breakfast or afternoon snack. Super-quick to make, it's loaded with fiber, vitamin C, and calcium and low in calories. You can substitute soy milk. For an added calcium boost, or toss in a container of your favorite yogurt!

#### Ingredients:

- 1 ripe pear, cored and chopped
- 1 large orange, peeled
- 1/2 cup skim milk
- 1/2 teaspoon vanilla
- 1 cup ice

#### Directions:

Place all ingredients in blender and blend until thick. Enjoy!

#### When to Buy:

The peak season for pears is September-December. December is national Pear Month.

#### How to Select:

A little known fact is that the pear is one of the few fruits that do not ripen on the tree. The pear is harvested when it is mature, but not yet ripe.

Buy pears from the store that are not yet ripe. Ripen them at home.

#### Ripening and Storing:

Leave firm, unripe pears at room temperature to ripen. They ripen from the inside out. Pears need to ripen at room temperature, so don't refrigerate an unripe pear!

Check the neck for ripeness daily, by applying gentle pressure to the neck or stem end of the pear with your thumb. If it gives, then it's ripe and ready to eat!

Once the pear is ripe, it can be refrigerated to slow the ripening process and saved for use up to five days later.

### Nutrition Benefits

Pears are nutrient-rich and an excellent source of fiber! One medium pear provides 6 grams of fiber, or about 24% of your daily needs, which can help you feel satisfied longer between meals and snacks. Remember to make half your plate fruits and vegetables.

## Activity Ideas about Pears with Pairs

Build a Snow Pear with a child. Similar to a snowman, a snow pear has the shape of a pear. Don't forget the stem, which can be a curved stick. Make it a happy pear. Add some other snow fruits or vegetables.

Sit down with a child and write a poem about a pear. Make your pear a super hero.

Cooking with your child is a great way to practice science, math, and language skills while spending quality family time. Pears in particular have a lot to offer as they are healthy, delicious, AND fun to learn about!



## Conversation starters about US Pear Growers

Pears are Oregon's number one tree fruit crop and Oregon's Official State Fruit.

Washington's fresh pear production is the largest in the United States.

Combined annual fresh pear (not canned) harvest for Washington and Oregon currently averages over 582,000 tons.

Washington and Oregon export about 35% of their fresh pear crop to more than 50 countries around the world.

Pears are a member of the rose family.

Pear trees can live 100 years, but they are usually replaced in the orchards after 30 or 40 years. This allows them to produce the most and the best tasting fruit each year.

There are more than 3,000 varieties of pears grown in the world. Bartlett pears are the most popular variety in the United States. Pears can be dried or canned.

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For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769