

FOOD PREPARATION STEPS



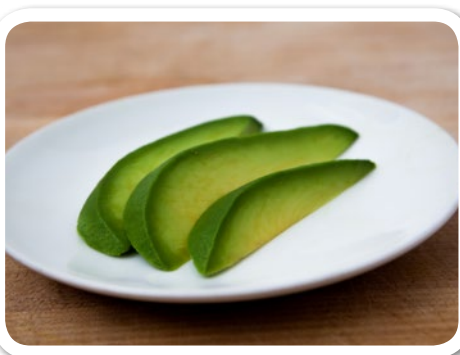
1. Rinse avocado under cool running water.



2. Cut fruit in half lengthwise and remove seed.



3. Slice avocado and remove skin.

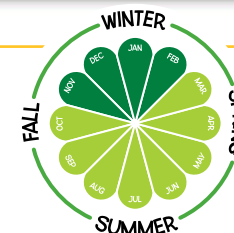


4. Serve a few slices per student.



Guacamole is an easy food for kids to make. Mash avocados with crushed garlic, a squeeze of lemon or lime, and a pinch of salt. Add diced tomatoes, cilantro, black beans, corn kernels, diced red onion, and other fresh produce for more flavor and nutrition. Cucumbers sliced into "chips" make a nutritious alternative to tortilla chips.

Avocados are full of monounsaturated fats, which helps to lower cholesterol if used to replace saturated fats. They are also a good source of folate, which promotes healthy cell and tissue development. The phytonutrient lutein in avocados helps to promote eye health. Avocados are cholesterol-free and sodium-free.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Avocado is typically available from September through April in Hawai'i.
- Look for avocados that yield to gentle pressure. Those that do not yield to gentle pressure are not yet ripe.
- Unripe avocado can be left at room temperature for a few days until it has ripened. Placing fruit in a paper bag with an apple or banana can help to speed ripening.
- Whole, ripe fruit can be stored in a refrigerator for 2-3 days. Refrigeration can slow the ripening process.
- To prevent cut avocados from browning, sprinkle with lemon or lime juice and store in an airtight container.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.