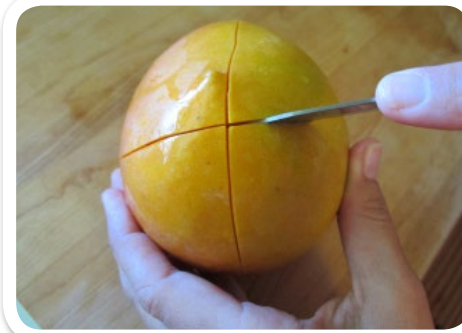


FOOD PREPARATION STEPS



1. Wash mango under cool, running water.



2. Cut through the skin, going around the entire fruit twice.



3. Peel off skin.



4. Cut mango flesh away from the large, fibrous seed.



5. Cut into cubes.

Mango is an excellent source of vitamin A, which is critical for healthy vision. It is also important for immune function, healthy skin, and bone growth. The folate in mangoes helps the body to make red blood cells and DNA. One cup of mango provides 100% of one's daily need for vitamin C, which is important for immunity, wound healing, brain function, and more.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Mango are available in Hawai'i from March to November.
- Look for mangoes that give slightly to gentle pressure. Color is a not very good indicator of ripeness.
- Unripe mangoes may be stored at room temperature and will soften and sweeten as time passes. Ripe fruit should be refrigerated.
- Mango can be an allergen for many people. Ask teachers about student allergies and wash hands after handling mango. Students should be reminded to eat carefully and to wash off mango that touches their faces.

**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, Natalie McKinney, and shutterstock.com.