

Produce of the Month



Bananas



Nutritional Information

- Great source of vitamin C, potassium and fiber
- Feeling sad? Eating bananas has been found to make people happier
- Athletes love bananas because they give a quick boost of energy and help the body heal

Fun Facts

- A group of bananas is called a hand and the individual bananas are called fingers
- They are America's #1 fruit, with 96% of homes buying bananas at least once a month
- The average American eats over 28 pounds a year (about 84 bananas)
- Some plant experts believe that bananas may be earth's first fruit
- In 2001, there were more than 300 banana-related accidents in Britain (most involving slipping on the peel!)

Selecting, Storing, Preparing

- Bananas are available year-round
- Choose brightly colored bananas that are full and plump
- Avoid those with dark marks, split or a strong smell
- Store bananas on the counter away from sunlight if possible

Just peel and eat!

- Ripe bananas can be stored in the refrigerator or freezer to be used later for baking or smoothies

Recipes/Ideas

Bananas are a great snack that can be taken anywhere



Cut bananas into cereal, oatmeal, yogurt or ice cream

Bake bananas in breads, muffins or cakes



For more ideas: bananasaver.com,
www.fruitsandveggiesmorematter.org,
www.chiquitabananas.com

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Manchester's Message for a Healthier You