Did you know?

September is Peach Month

Fact #1

Georgia's nickname is The Peach State. "The World's Largest Peach Cobbler" is made every year in Georgia. The cobbler measures 11 feet by 5 feet.

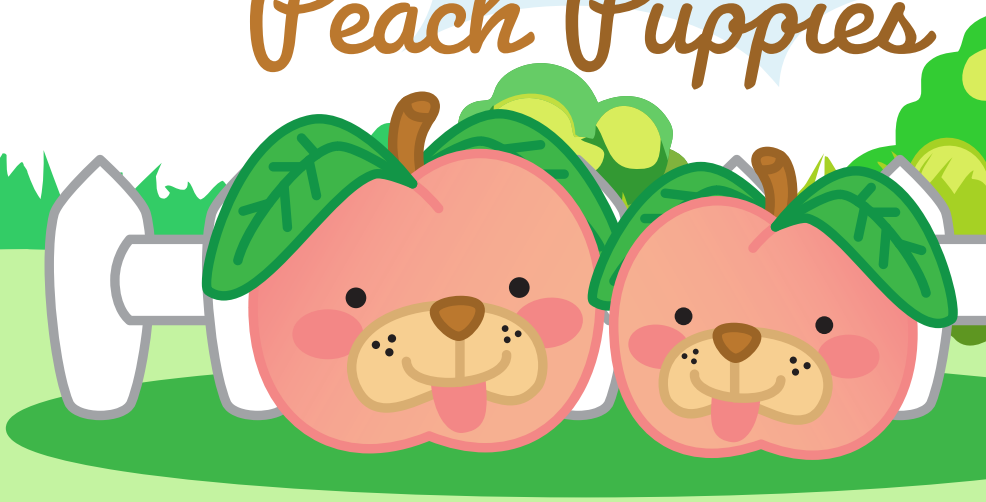
Fact #2

You can buy two main varieties of peaches: clingstone and freestone. It is harder to remove the fruit from the pit on a clingstone peach.

Fact #3

The term, "you're a real peach" originated from the tradition of giving a peach to the friend you liked.

Peach Puppies



Peach Oatmeal

Number of Servings: 5 | Serving Size: ¾ cup

INGREDIENTS:

2½ Cups Oatmeal, cooked with water
¼ cup brown sugar
1¼ cups diced peaches

DIRECTIONS:

Cook oatmeal with water according to directions.
Add remaining ingredients to bowl.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups