

The background is a vibrant collage of fresh fruits. The top left features several slices of bright orange citrus. The top right is filled with slices of green kiwi fruit, showing their characteristic black seeds. The bottom half of the image is dominated by a cluster of ripe peaches, with one sliced open to reveal its red and yellow flesh. In the bottom right corner, there are clusters of fresh raspberries. A semi-transparent white rectangular box is centered over the middle of the image, containing the text.

NUTRITION EDUCATION &
OBESITY PREVENTION

NEOP

HIGHLIGHTED PROGRAM OF THE MONTH!

Nutrition Education & Obesity Prevention (NEOP)

Events such as the Fruit & Veggie Fest, held by NEOP at multiple venues throughout Tulare County, are used to facilitate behavior change in the homes, schools, worksites, and communities of low-income residents and to create environments that support fruit and vegetable consumption and physical activity. The goal is to prevent obesity and other diet-related, chronic diseases. Consider donating to the NEOP fund today to support the invaluable work done for our community.

Try this easy and delicious recipe to promote fruit and vegetable consumption in your home today!

Anytime Pizza

Make your own pizza topped with green peppers, mushrooms, or other vegetables.

Makes:2 servings

Ingredients

- 1/4 mini baguette or Italian bread, about 9" long (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- other vegetable toppings (as desired, optional)
- Italian seasoning (optional)

Directions

1. Wash your hands with soap and water.
2. Toast the bread or English muffin until slightly brown.
3. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
4. Sprinkle with Italian seasonings as desired.
5. Return bread to toaster oven (or regular oven preheated to 350 °F).
6. Heat until cheese melts.



MyPlate Food Groups



- Vegetables
- Grains
- Dairy

- 1/2 cups
- 1/2 ounces
- 3/4 cups

serving: 1 slice, 1 English muffin or ½ of recipe (144g)

calories: 180kcal, carbohydrates: 18g, Protein: 11g, fat: 7g, saturated fat: 3g, Cholesterol: 15mg, Sodium: 502mg, potassium: 335mg, fiber: 2g, sugar: 4g, vitamin calcium: 251mg, iron: 1mg

Source:
Pumpkin Post and Banana Beat Newsletters
University of Massachusetts Extension
Nutrition Education Program



FRIENDS OF TULARE COUNTY

Nutrition Education & Obesity Prevention (NEOP)

Reinforces healthy cooking activities; distributes nutrition information at community events; helps empower low-income residents to increase fruit and vegetable consumption, physical activity, and food security.

FriendsTC.org

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