

FAMILY NEWSLETTER

STAWBERRIES

This month the children will be learning all about strawberries. A strawberry is a bright red fruit that is most in season in the summer months. They have a very sweet taste and are high in Vitamin C. In addition to being consumed fresh, strawberries can be frozen, made into preserves, as well as dried and used in prepared foods. They're easy to plant and maintain at home as well!

Strawberry Pizza Recipe

Materials Needed:

- Graham cracker squares, one for each child
- Strawberry-flavored cream cheese
- Strawberry Slices
- Paper plates and napkins

What to do Ahead of time:

- Spread cream cheese on graham cracker squares
- Wash, remove the green leaves, and slice strawberries



More kid-friendly
ways to eat
strawberries

Smoothies

Strawberry Salsa

Strawberry Sorbet

Strawberry Pizza