



The Peach Press

School Foodservice Edition

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CALIFORNIA CLING PEACH UPSIDE DOWN TART

Courtesy of the California Cling Peach Board

- 2 #10 cans California Cling Peach slices
- 1 pound (2 cups) brown sugar, packed
- 8 ounces (1 cup) butter or margarine, softened
- 3 pounds prepared pastry sheets, 9" x 12" each

Serves: 48

Directions:

Heat convection oven to 375° F.

Drain peach slices and pat dry.

Blend brown sugar and butter. Spread 1/2 cup over bottom of each of four 10" x 12" x 1" pans. Arrange peaches over sugar mixture. Place one pastry sheet directly on top of peaches in each pan.

Bake 20 minutes or until pastry is golden. Let cool ten minutes.

Run knife around edge of pan to release pastry. Place serving tray over top of pan. Carefully invert tart onto tray. Cut each tart 3 x 4.

Serve with whipped topping, ice cream or frozen yogurt.

Nutritional Information (per each 3-1/3" x 3" piece): Calories 290, Protein 2 g, Carbohydrates 47 g, Total Fat 12 g, Saturated Fat 2 g, Cholesterol 18 mg, Sodium 162 mg, Fiber .6 g, Vitamin A 77 RE, Vitamin C 4 mg, Calcium 13 mg, Iron .5 mg, Sugar 23 g

Chairman's Message



Happy New Year!

I hope that your holidays were joyous, filled with friends, family and loved ones, and that your new year is off to a terrific start.

The California Cling Peach Board is welcoming the new year with some new activities to assist the school foodservice community in providing nutritious meals for American students and educating them on the importance of balanced nutrition.

In this issue of *The Peach Press*, you will find our coloring contest. We hope this activity is useful, especially on rainy or snowy days, when students must be kept indoors during the lunch break.

Looking forward, the Board is preparing to announce its new California Cling Peach Spokesperson. This individual, who will be featured in the spring issue of the newsletter, will soon be available to you via email to provide valuable insight and ideas. Additionally, the California Cling Peach Spokesperson will use decades of culinary experience to create new and enticing school foodservice recipes with your specific needs and wants in mind.

Also on the horizon is the Board's new School Foodservice Kit. Developed in direct response to feedback we have received from school foodservice professionals throughout the country, this kit will contain a wide variety of useful tools and materials. The Board expects to begin distributing the new kits at the American School Foodservice Association's 2004 Annual National Conference.

As the Board prepares to launch these new activities, we thank you for all the support and input the school foodservice community has provided. As always, your feedback is extremely valuable to the Board and we encourage you to contact us with any ideas, requests or questions.

Sincerely,
 Sarah J. ... Chairman
 clclingper.ch@echopr.com





American Academy of Pediatrics Recommends that Schools Restrict Availability of Soft Drinks

In its January issue of *Pediatrics*, the American Academy of Pediatrics (AAP) announced its recommendation that school districts should consider restricting the sale of soft drinks. The recommendation was made in response to increasing evidence that excess consumption of soft drinks leads to a variety of health problems.

The AAP's new policy, "Soft Drinks in Schools," notes that sweetened beverages are the primary source of added sugar in the daily diets of American children and adds that between 56 and 85 percent of school-age children consume at least one soft drink daily. With each 12-ounce serving of a carbonated, sweetened soft drink containing the equivalent of 10 teaspoons of sugar, the impact of just one soft drink is substantial. An increasing amount of research links the consumption of sweetened beverages with an increased risk of obesity, which as reported by the American Obesity Association (AOA), is the most common health problem challenging American youth. Additionally sugary beverages are also linked to cavities, enamel erosion and other dental problems.

"Soft Drinks in Schools" makes the

following recommendations:

- Pediatricians should work to eliminate sweetened soft drinks in schools by educating school authorities, patients and parents about the health ramifications of soft drink consumption.



Pediatricians should advocate for the creation of a school nutrition advisory council as one means of ensuring that the health and nutritional interests of students form the foundation of nutritional policies in schools.

- School districts should not place vending machines within the cafeteria space where lunch is sold, and soft drinks should not be sold as part of, or in competition with, the school lunch program.

- School districts should invite public discussion before making any deci-

sion to sign a vended food or drink contract.

- If a school district already has a soft drink contract in place, it should be adapted so that it does not promote overconsumption by students.

- Consumption or advertising of sweetened soft drinks within the classroom should be eliminated.

With soft drink sales providing a substantial source of income for school districts, following the above recommendations can be a major challenge for school foodservice programs. However, the AAP notes that nutritious alternatives such as water, real fruit juices and low-fat milks are available for vending, and can help preserve school revenues.

Sources:

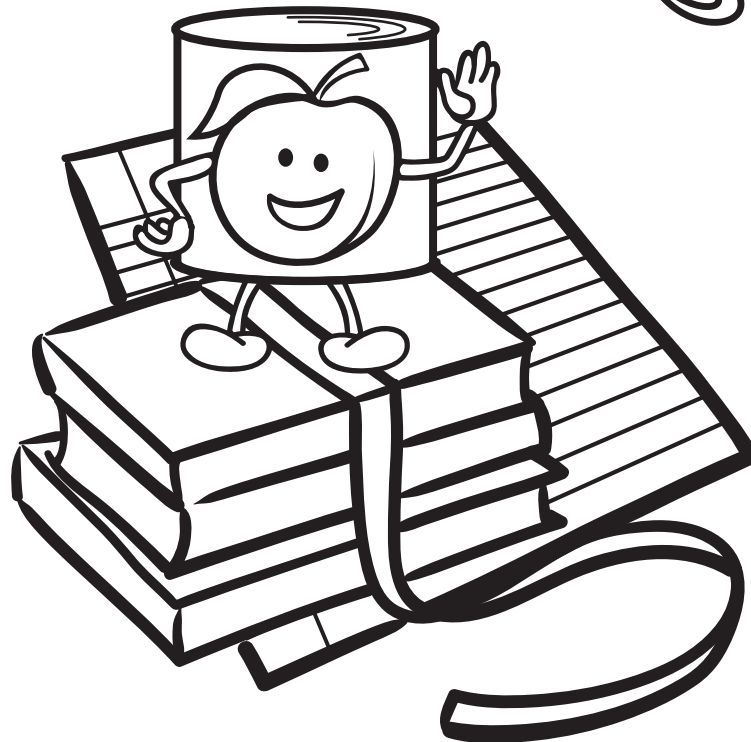
The American Academy of Pediatrics (AAP): www.aap.org

The information in the above article was taken from a news release on a policy statement published in the January issue of *Pediatrics*, the peer-reviewed, scientific journal of the AAP. The AAP is an organization of 57,000 primary care pediatricians, pediatric medical subspecialists and pediatric surgical specialists dedicated to the health, safety and well-being of infants, children, adolescents and young adults.

The American Obesity Association (AOA): www.obesity.org

Wintertime Fruit, Summertime Flavor

SWEET
NUTRITIOUS
DELICIOUS



CALIFORNIA
CLING PEACHES

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Looking for a fun way to get students excited about nutrition this winter? Encourage them to enter the California Cling Peach Board's "Wintertime Fruit, Summertime Flavor" coloring and essay contest. To enter, kids must complete the coloring page above and submit it with a short essay (2-3 paragraphs) about the importance of eating three to five servings of fruit each day and their favorite ways to enjoy California Cling Peaches.

Entries must be mailed by March 29, 2004 to "Peachy Coloring Contest" at 1195 Park Avenue, Suite 201, Emeryville, CA, 94608. The winner will be selected by random drawing on March 31, 2004.



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The Peach Press is published by Echo Communications, LLC on behalf of the California Cling Peach Board. Comments or suggestions can be sent to: Echo Communications, 1195 Park Avenue, Suite 201, Emeryville, CA 94608 or emailed to: calclingpeach@echopr.com.

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W I N T E R • 2 0 0 4

Healthful Hint!

The Problem

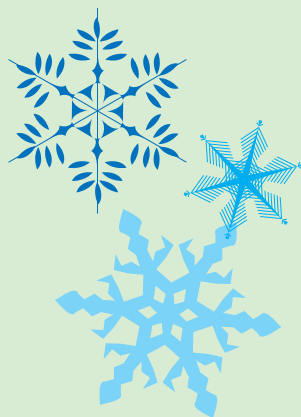
Getting students the vitamins, minerals, fiber, and phytochemicals their bodies need to maintain good health can be challenging during the winter months when many fruits go out of season—just when you need them most.

Healthful Hint!

Canned fruits, especially California Cling Peaches, provide a delicious and convenient solution. Because canned fruits are harvested at the peak of ripeness, when nutrient and flavor levels are at their highest, and typically preserved within 24-48 hours, canned fruits are nutritionally comparable to their fresh and frozen counterparts—and they are available year-round!

A Peachy Idea

Juicy and sun-ripened, canned California Cling Peaches contain vitamin A, vitamin C and fiber and are available sliced, halved, diced or added to fruit cocktail and mixed fruit. Consider the following serving suggestions as you use California Cling



Peaches to boost your school's nutrition program this winter:

- * Serve canned California Cling Peach slices at a breakfast bar as a topping for yogurt, cottage cheese, oatmeal, cold cereal, waffles and pancakes.
- * Blend canned California Cling Peaches with yogurt, frozen strawberries and ice and offer students nutrition-packed fruit smoothies.
- * Boost desserts with nutrition—use canned California Cling Peaches as a topping for frozen yogurt, ice cream or pound cake.
- * Visit our website at:
www.calclingpeach.com
for delicious school foodservice recipes.

