



A program of Society of St. Andrew

\$10

will share **110 pounds** of star fruit which is the same as **672 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **\$4.95 per pound** for a total of **\$544.50**.

THANKS to you for helping provide a solution to hunger. We appreciate you being a part of Society of St. Andrew's Adopt a Bushel-Feed a Nation Project.

STAR FRUIT



Society of St. Andrew
GLEANNING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY

Learn more and sign up at
EndHunger.org/ABFN

HEALTHY TIP: EXOTIC AND TROPICAL FRUIT

WHAT ARE EXOTIC AND TROPICAL FRUITS?

- Exotic: Figs, guavas, lychees, persimmons, pomegranates, prickly pears, star fruits.
- Tropical: Bananas, plantains, dates, kiwi fruit, mangos, papayas, passion fruit, pineapples.

*Tropical fruits are a great way to introduce
WHOLE FOODS into your kids' diets!
Try these as an alternative to sugary and
processed desserts.*

SELECTING:

- Look for fruits that are heavy for their size, free of punctures, and without mushy spots. These fruits should have a sweet smell.
- Because they are delicate, do not squeeze!

STORING:

- These fruits should be stored in the fridge, and most may be frozen.
- Bananas do best on the counter.

PREPARING:

- The skin is not edible and must be peeled. Peel either by hand or knife.

COOKING:

- All of these fruits can be eaten raw, except plantains.
- Add them to salads, jams, salsas, savory chicken and fish dishes, or desserts.

