

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

April Fruit of the Month: Apricots



Live Well Sioux Falls and the Sioux Falls Food Council is proud to present the [Eat Well, Live Well](#) campaign! Each month this campaign will highlight a new fruit and vegetable.

DID YOU KNOW...

Apricots are originally from China. Their skin color can range from cream to bright orange and they are often crossed with plums to provide pluots (mostly plum), plumcots (equal plum and apricot) and apriums (mostly apricot). Apricots are low fat, cholesterol free, an excellent source of vitamin A and C, and a good source of potassium and fiber. Choose apricots that are plump, firm, and uniformly colored.

Seared Sweetness! Sear sliced apricots in pan with a small amount of butter and cinnamon until warmed. Top with chopped walnuts for a little something extra!

The Fabulous Frozen Treat. Blend sliced apricots and orange juice, freeze in ice trays, and enjoy! A cool treat on a hot day ... or any day! Your kids will love it!

Breakfast Parfait. Brighten up your morning with a parfait filled with apricots and all of your favorite fruits. Recipe: [Apricot Yogurt Parfait](#)

become a BREASTFEEDING-FRIENDLY business

Why is it important?

83.6% of South Dakota mothers initiate breastfeeding and need support to achieve their breastfeeding goals, including employer and community support.

What is the Breastfeeding-Friendly Business Pledge?

It is a voluntary, good-will [pledge](#) that shows a business' support for both breastfeeding customers and employees.

What are the benefits to a business?

Businesses are promoted on [HealthySD.gov](#) and given a *Breastfeeding Welcome Here* window cling. This allows the public to visibly see your support!

- Breastfeeding mothers are more likely to patronize businesses where they feel comfortable.
- Breastfeeding employees whose companies provide breastfeeding-friendly environments consistently report improved morale, better job satisfaction, and higher productivity.
- Businesses receive a kit with information on the current best practices and resources to assist in creating a breastfeeding-friendly environment.



All South Dakota businesses are able and encouraged to take the online pledge that supports nursing moms. Currently, over **410 businesses** from all parts of the state have taken the pledge to become a Breastfeeding-Friendly Business. [Take the Pledge Today!](#)

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