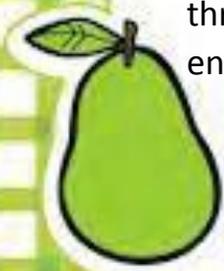


Marketing & Serving Fruit & Vegetables



USDA's new meal pattern emphasizes the importance of including a variety of fruits and vegetables in meals and snacks served through the Child Nutrition Program (CNP). Marketing is a great way to encourage students to accept more fresh fruits and vegetables.



Programs such as the Fresh Fruit and Vegetable Program provide additional funding to schools identified as having the highest percentage of students eligible for free and reduced price meals to ensure that all students have access to fruits and vegetables every day. Because additional funding is not provided for nutrition education or marketing of these foods, it is important to take advantage of the free resources that have been made available from credible sources such as Team Nutrition, the National Food Service Management Institute (NFSMI), and others.

The information in this packet was provided by USDA, and found on the website usda.gov. Some of the information was developed and submitted by school nutrition programs in other states but can easily be utilized by CNP in Alabama schools.

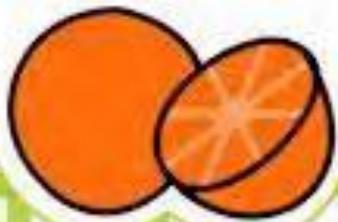
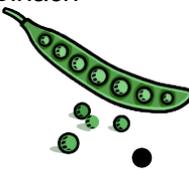


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Fruit and Vegetable Calendar

January	February	March
<p>Fiber Focus Month 9 – National Apricot Day 15 – National Fresh Squeezed Juice Day</p> 	<p>Grapefruit Month National Cherry Month National Grapefruit Month National Hot Breakfast Month Potato Lover's Month Sweet Potato Month</p> 	<p>National Agriculture Week National Frozen Food Month National Nutrition Month National School Breakfast Week 11 – Johnny Appleseed Day 20 – National Agriculture Day 31 – Oranges and Lemons Day</p> 
April	May	June
<p>Florida Tomato Month Garden Month National Pecan Month Soyfoods Month 2 – Sweet Potato Day 6 – Fresh Tomato Day</p>  <p>In-Season Fruits and Vegetables Asparagus ~ Lettuce ~ Onions ~ Peas Spinach</p> 	<p>International Pickle Week Salad Month Salsa Month Strawberry Month</p>  <p>In-Season Fruits and Vegetables Asparagus ~ Cabbage ~ Cherries Greens ~ Lettuce ~ Onions ~ Peas Radishes ~ Rhubarb ~ Spinach ~ Sprouts Squash ~ Strawberries</p> 	<p>Fresh Fruit and Vegetable Month Papaya Month 9 – Gazpacho Aficionado Time</p> <p>In-Season Fruits and Vegetables Apples ~ Asparagus ~ Beans ~ Berries Cabbage ~ Carrots ~ Cherries ~ Eggplant Garlic ~ Horseradish ~ Leeks ~ Lettuce Melons ~ Nectarines ~ Okra ~ Onions Peaches ~ Peas ~ Plums ~ Potatoes Radishes ~ Rhubarb ~ Spinach ~ Squash Strawberries ~ Tomatoes ~ Turnips</p> 

July

Baked Beans Month
 Blueberry Month
 National Culinary Arts Month
 National Salad Week
 Pickle Month



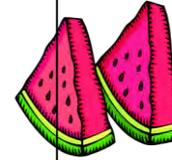
In-Season Fruits and Vegetables

Apples ~ Artichokes ~ Beans ~ Beets
 Bell Peppers ~ Berries ~ Broccoli
 Cabbage ~ Carrots ~ Cherries ~ Corn
 Eggplant ~ Garlic ~ Grapes ~ Horseradish
 Leeks ~ Melons ~ Nectarines ~ Okra
 Onions ~ Peaches ~ Peas ~ Plums
 Potatoes ~ Radish ~ Rhubarb ~ Squash
 Tomatoes ~ Turnips ~ Zucchini



August

Get Acquainted with Kiwifruit Month
 National Peach Month
 3 – Watermelon Day
 8 – Sneak Some Zucchini Onto Your
 Neighbor's Porch Night
 29 – More Herb, Less Salt Day



In-Season Fruits and Vegetables

Apples ~ Artichokes ~ Beans ~ Beets
 Bell Peppers ~ Berries ~ Broccoli ~ Carrots
 Cauliflower ~ Corn ~ Cucumbers
 Eggplant ~ Garlic ~ Grapes ~ Horseradish
 Herbs ~ Leeks ~ Lettuce ~ Melons
 Nectarines ~ Okra ~ Onions ~ Peaches
 Peas ~ Plums ~ Potatoes ~ Pumpkin
 Radish ~ Rhubarb ~ Squash
 Sweet Potatoes ~ Tomatoes
 Turnips ~ Zucchini

September

Better Breakfast Month
 Ethnic Food Month
 National 5 A Day Month
 National Apple Month
 Organic Harvest Month
 Potato Months
 29 – Blackberries Day

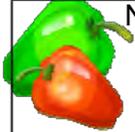


In-Season Fruits and Vegetables

Apples ~ Bell Peppers ~ Beets ~ Broccoli
 Cabbage ~ Carrots ~ Cauliflower ~ Corn
 Cucumbers ~ Eggplant ~ Garlic ~ Grapes
 Herbs ~ Horseradish ~ Lettuce ~ Melons
 Nectarines ~ Okra ~ Onions ~ Peaches
 Peas ~ Plums ~ Potatoes ~ Pumpkins
 Radishes ~ Rhubarb ~ Spinach
 Sweet Potatoes ~ Squash ~ Tomatoes
 Turnips ~ Zucchini

October

National School Lunch Week
 Peanuts Month



Spinach Lovers Month
 Vegetarian Month
 1 – World Vegetarian Day
 16 – World Food Day



In-Season Fruits and Vegetables

Apples ~ Bell Peppers ~ Cabbage
 Cauliflower ~ Corn ~ Cucumbers
 Eggplant ~ Garlic ~ Grapes ~ Greens
 Herbs ~ Horseradish ~ Lettuce ~ Okra
 Onions ~ Peas ~ Plums ~ Potatoes
 Sweet Potatoes ~ Pumpkins ~ Radishes
 Rhubarb ~ Spinach ~ Squash ~ Tomatoes
 Turnips ~ Beets ~ Broccoli

November

Good Nutrition Month
 National Fig Week



National Split Pea Soup Week
 Thanksgiving

In-Season Fruits and Vegetables

Apples ~ Bell Peppers ~ Cabbage ~ Garlic
 Greens ~ Horseradish ~ Onions ~ Peas
 Potatoes ~ Sweet Potatoes ~ Spinach
 Squash ~ Pumpkins



December

National Pear Month
 1 – Eat a Red Apple Day



In-Season Fruits and Vegetables

Artichokes ~ Arugula ~ Beets
 Bok Choy ~ Broccoli ~ Brussel
 Sprouts ~ Carrots ~ Cauliflower
 Endive ~ Fennel ~ Garlic ~ Kale
 Mushrooms ~ Pears ~ Sweet Peppers
 Winter Squash ~ Turnips

Alphabetical List of Fruits and Vegetables

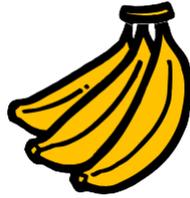
A

Alfalfa Sprouts
Apple
Apricot
Artichoke
Asian Pear
Asparagus
Atemoya
Avocado



B

Bamboo Shoots
Banana
Beans
Bean Sprouts
Beets
Belgian Endive
Bitter Melon
Bell Peppers
Blackberries
Blueberries
Bok Choy
Boniato
Boysenberries
Broccoli
Broccoli
Brussels Sprouts



C

Cabbage (green and red)
Cantaloupe
Carambola (star fruit or star apple)
Carrots
Casaba Melon
Cauliflower
Celery
Chayote
Cherimoya (Custard Apple)
Cherries
Coconuts
Collard Greens
Corn
Cranberries
Cucumber



D

Dates
Dried Plums (a.k.a. prunes)

E

Eggplant
Endive
Escarole

F

Feijoa
Fennel
Figs (dry and fresh)

G

Garlic
Gooseberries
Grapefruit
Grapes
Green Beans
Green Onions
Greens (turnip, beet, collard, mustard)
Guava



H

Hominy
Honeydew Melon
Horned Melon

I

Iceberg Lettuce

J

Jerusalem Artichoke
Jicama



K

Kale
 Kiwifruit
 Kohlrabi
 Kumquat

L

Leeks
 Lemons
 Lettuce (Boston, Iceberg, Leaf, Romaine)
 Lima Beans
 Limes
 Longan
 Loquat
 Lychee

**M**

Mandarins
 Malanga
 Mandarin Oranges
 Mangos
 Mulberries
 Mushrooms

**N**

Napa (Chinese Cabbage)
 Nectarines

O

Okra
 Onion (green, red, Spanish, yellow, white)
 Oranges

P

Papayas
 Parsnip
 Passion Fruit
 Peaches
 Pears
 Peas (green, snow, sugar snap)
 Peppers (bell – red, yellow, green, chili)
 Persimmons
 Pineapple
 Plantains
 Plums
 Pomegranate
 Potatoes
 Prickly Pear (Cactus Pear)
 Prunes
 Pummelo (Chinese Grapefruit)
 Pumpkin

**Q**

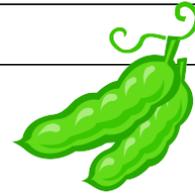
Quince

R

Radicchio
 Radishes
 Raisins
 Raspberries
 Red Cabbage
 Rhubarb
 Romaine Lettuce
 Rutabaga

S

Shallots
 Snow Peas
 Spinach
 Sprouts
 Squash (acorn, banana, buttercup, butternut, summer)
 Strawberries
 String Beans
 Sweet Potato

**T**

Tangelo
 Tangerines
 Tomatillo
 Tomato
 Turnip

**U & V**

Ugli Fruit

W

Watermelon
 Water Chestnuts
 Watercress
 Waxed Beans

X & Y

Yams
 Yellow Squash
 Yuca/Cassava

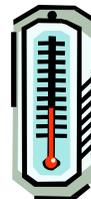
Z

Zucchini Squash

Handling and Storage of Fresh Fruits and Vegetables

Produce is alive and breathing. At the time produce is harvested, the life of the product starts to decline. In a perfect produce world, one would need to have many storage areas with different storage temperatures to receive the maximum shelf life and quality desired. This would be quite a challenge as storage space and temperatures are limited in most school cafeterias. However, there are variables that can be controlled that will enable food service staff to preserve the quality of produce and are also essential to optimizing produce quality, safety and yields. Key variables to maximize produce life include temperature, rotation, and storage practices.

Temperature



- Single most important factor in maintaining and maximizing life and quality of produce.
- Storing at *incorrect* temperatures is the primary cause for produce loss.
- For every ten degrees above ideal storage temperature, a produce item will lose up to half its life expectancy, especially for items served uncooked.
- Store produce immediately upon delivery.
- Coolers should be set at 38° - 40° F or cooler to hold most produce for seven days.

Rotation

- Proper rotation practices must be followed in order to keep produce fresh and prevent waste.
- Date all produce the day it is received.
- Practice FI/FO by placing new product under or behind the older product to ensure that the oldest produce is used first.

Storage

- Temperatures fluctuate during the day as the door is opened and closed.
- Temperature in the front of the cooler will be warmer than in the middle and back.
- Temperatures should be checked and recorded daily to ensure optimal product life and efficiency of cooler.

Fresh Fruit and Vegetable Ripening Guide

Ripening Guide

Some fresh fruits continue to ripen after they have been harvested while others do not. Whether or not a fruit continues to ripen is a key factor in determining its storage and shelf life. Fruits that require additional ripening should be stored at room temperature until they become ripe. Fruits that do not ripen after harvesting should be stored in a cool area until they are used.

Fruits that ripen after harvest	Fruits that don't ripen after harvest
 <ul style="list-style-type: none">ApricotsAvocadosBananasCantaloupeCarambolaHoneydewKiwifruitNectarinesPapayaPeachesPearsPlantainsPlumsTomatoes	<ul style="list-style-type: none">ApplesBerriesCherriesGrapefruitGrapesLemonsLimesMandarinsOrangesPineappleStrawberriesWatermelons 

Ethylene Gas: Benefits and effects of harmful exposure

Fruit can be ripened quickly by introducing ethylene gas into a controlled environment. For example, it is often used to ripen bananas, tomatoes, and avocados. Certain fruits can be placed in a closed bag and the fruit's natural ethylene can speed the softening process.

While ethylene is great for ripening some fruits, the gas can cause premature decay of other fruits and vegetables that are sensitive to it. To avoid deterioration or rapid ripening of sensitive commodities, avoid holding them in the same storage room or refrigerator compartment with products that emit a great deal of ethylene gas. Diseased or injured fruits generate substantially increased levels of ethylene, so remove injured produce right away. If only one cooler is available, keep lids on storage boxes, store sensitive commodities as far away as possible from ethylene producers, and rotate product properly. If produce inventory turns quickly, ethylene should not cause quality problems.

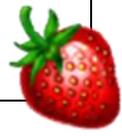
Fruits that produce large amounts of ethylene	Fruits/Veggies that are sensitive to ethylene	
Apples Apricots Avocados Cantaloupe Honeydew Kiwifruit (ripe) Mangos Papayas Peaches Pears Plums	Bananas Beans Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Cucumbers Eggplant Greens	Kiwifruit (unripe) Lettuce Nectarines Okra Peas Peppers Spinach Summer Squash Sweet Potatoes Watermelon



Ideal Storage temperatures for fresh fruits and Vegetables

32° to 40° F

Apples Apricots Artichokes Asparagus Beets Berries Broccoli Brussels Sprouts Cabbage Cantaloupe Carambola Carrots Cauliflower Celery Cherries Coconuts	Corn Cranberries Garlic Grapes Greens Green Onions Herbs (except basil & oregano) Iceberg Lettuce Kale Kiwifruit All Leaf Lettuce Mushrooms Nectarines Onions Oranges (Florida & Texas)	Parsley Parsnips Peaches Pears (Fresh-Cut) Peas Pineapple (Fresh-Cut) Plums Radishes Rhubarb Rutabagas Spinach Sprouts Strawberries Turnips Watercress
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40° to 50° F

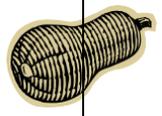


Avocados (Ripe) Basil (Fresh) Beans Cucumbers Eggplant Ginger Root Honeydews	Jicama Lemons Mandarins Melons Okra Oranges (California) Oregano (Fresh)	Papaya Peppers Pineapples Potatoes Squash (Summer) Tomatoes (Ripe)*
--	--	--

*Will lose flavor at this temperature during prolonged storage

Leave Out of Cold Room

Avocados (Unripe) Bananas Grapefruit Limes	Mangos Pears (Unripe) Plantains Pumpkins Shallots	Squash (Winter) Sweet Potatoes Tomatoes (Green) Watermelons (Whole)
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Storage Hints to Prolong Life of Fresh Fruits and Vegetables

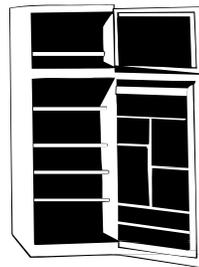
Temperature fluctuates from front to back of the cooler due to the location of the cooling unit and frequency of the door being opened. Items stored in the front of the cooler have a longer shelf life and can handle the fluctuating temperatures. The middle section of the cooler is for items that are less hardy with a more delicate peel or skin. Items in this area including broccoli, green onions and parsley may be sprinkled with crush ice. The slowly melting ice will replace moisture loss and help prevent wilting thus prolonging their shelf life. The back of the cooler is the coolest area and best suited for the ripest or most perishable items. Sprinkling crushed ice on greens such as collards, kale and mustard can also help lengthen the life of these products. Consider dividing the cooler into three areas and store produce as noted below:

FRONT	Apples Basil Cabbage Cantaloupes Citrus Carambola Cucumbers Eggplant	Garlic Honeydews Jicama Limes Okra Onions Papayas Pears	Peppers Pineapples Plums Radishes Rhubarb Ripe Tomatoes Zucchini
MIDDLE	Artichokes Asparagus Beets Broccoli Cauliflower	Cherries Coconuts Grapes Green Onions Kiwifruit	Mushrooms* Parsley Peas Turnips Watercress
BACK	Alfalfa Sprouts* Apricots Bean Sprouts* Berries Carrots	Corn Fresh-Cut Salad Greens Head Lettuce Herbs Kale	Leaf Lettuce Parsnips Ripe Nectarines Ripe Peaches Spinach

*Store as far away from light as possible usually on lower shelf

Please note there are always exceptions to the rules. Tomatoes should not be stored in the cooler. They should be received in a firm state and stored at room temperature to ripen. However, once they have reached maximum ripeness, they should be stored in the front of the cooler to slow further ripening until used. In addition, potatoes should also be stored out of the cooler. Ideally, potatoes – white potatoes and sweet potatoes should be stored at 45° - 50° F. Potatoes stored at or below 40° F will convert starches into sugar causing the potato to darken when cooked. Also, protect potatoes from direct light for this will cause them to turn green and cause a bitter taste.

Food Service personnel have decisions to make regarding every produce delivery. Practicing good habits such as checking all produce upon arrival and immediately placing product in the appropriate storage area will help preserve the quality of the product for when utilized.



Storage Information for Value Added Produce

If Product Reaches This Temperature

70° F (21° C)

60° F (16° C)

50° F (10° C)

45° F (7° C)

40° F (4° C)

35° F (2° C)



Product Will Stay Fresh For:

4 hours

1 day

4 days

9 days

14 days

17 days

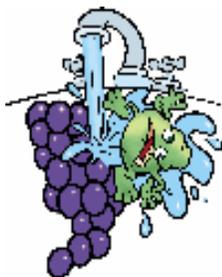


Safe Handling Practices for Fresh Produce for Foodservice

Julie A. Albrecht, PhD

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University of Nebraska-Lincoln



Purchasing and Receiving

Purchase food from known safe sources (reputable suppliers) and maintain its safety from time of receiving through service.

When fresh produce is received, follow supplier recommendations, if provided, regarding handling, storage temperatures, "use by" dates and other recommendations for the produce.

Avoid receiving or using damaged and partially decayed produce.

Maintain purchasing records of fresh produce.

Storage

Store raw produce so that it does not contaminate other foods with soil, etc.

Store any fresh produce, whole or cut, where other products – especially raw meat and poultry – cannot cross-contaminate it.

Segregate fresh produce from other refrigerated foods in refrigeration units by using a separate set of storage racks or separate cooler, if possible.

Cover and store washed cut produce above unwashed, uncut fresh produce.

Store all produce off the floor. Remember keep all foods 6" off the floor.

The Nebraska Food Code requires that melons and tomatoes, that are cut in any way, be held at 41^oF or below. To maintain quality of other cut, peeled or prepared fresh fruits and vegetables, refrigerate at 41^oF or below or hold on a salad bar at 41^oF or below.

Food Handler

Wash hands thoroughly with soap and warm running water before and after handling fresh produce.

Avoid bare hand contact when preparing and serving fresh produce – use gloves, tongs, deli tissue or other appropriate utensils.

Make sure that food employees are reporting illness and are not working while sick.

Preparation

Wash, rinse and sanitize all sinks, utensils, cutting boards, slicers and food preparation surfaces before use with fresh produce. If possible, designate specific cutting boards and utensils for use with fresh produce.

Remove outer leaves, stems and hulls from produce like cabbage, head lettuce, berries and tomatoes.

Always wash fresh produce under running, potable water before use.

Do not use soap or detergent for washing produce as these products are not food grade. Produce washes that are designated for use with produce can be used but are not necessary for produce safety.

Rinse fresh fruits and vegetables under running tap water. Scrub firm fruits and vegetables like potatoes and carrots with a vegetable brush under running tap water.

Soaking produce or storing produce in standing water or ice is not recommended for most types of fresh produce.

Commercial, “fresh-cut” carrots, salad greens and other produce have already been washed before processing and should be considered ready-to-eat with no further need for washing unless the label says otherwise.

Refrigerate foods prepared with fresh produce ingredients at 41⁰F or below.

Label and date all foods prepared with fresh produce ingredients. If not used within 7 days, discard prepared fresh produce.

Freshly prepared juice on site requires a HACCP plan.

Service

On self-serve and salad bars, use small batches of fresh produce and monitor self-service units.

Fresh produce should not be held directly on ice.

Provide appropriate utensils for self-service of fresh produce.

Do not re-serve freshly prepared dishes containing any raw produce, including dishes made with raw tomatoes, cilantro and hot peppers such as salsa and guacamole.

Throw away fresh fruits and vegetables that have not been refrigerated (41⁰F or below) within 4 hours of cutting, peeling or preparation.

Cutting Vegetables

1. **Julienne**

Peel vegetables and trim ends.
Slice vegetable into slices.
Stack the slices and cut into lengthwise 1/4-inch strips.



2. **Mince**

Roughly chop vegetable on cutting board with a large knife.
Continue to chop until vegetables are very finely chopped.



3. **Dice**

Slice vegetable into slices.
Stack slices and slice into 1/4-inch vertical slices.
Hold slices tightly with hand and cut crosswise into 1/4-inch intervals



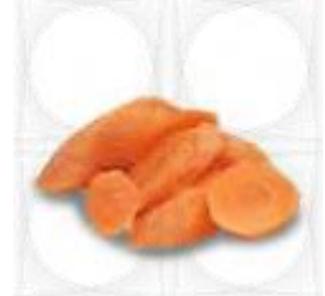
4. **Cube**

Slice vegetables into slices.
Stack slices and slice into 1/2-inch vertical slices.
Hold slices tightly with hand and cut pieces into 1-inch pieces.



5. **Slice**

Peel vegetables and trim ends.
Slice vegetable on the diagonal at 1/2-inch intervals.



Source: www.russianfoods.com/russian-cooking/article0000A/default.asp

Flavor Intensity of Vegetables

The strength or intensity of the flavor of certain vegetables is due to their sulphur content.

	Mild Flavored Vegetables	Stronger Flavored Vegetables
Leaf Vegetables	Spinach Swiss or Red Chard Beet Greens Lettuce	Curly Kale Mustard Greens Cabbage Brussel Sprouts
Seed Vegetables	Corn Peas Black-eyed Peas Beans	
Fruit Vegetables	Tomatoes Eggplant Summer Squash Winter Squash	Green Peppers Hot Peppers
Flower Vegetables	Artichokes	Cauliflower Broccoli
Stem Vegetables Root Crops	Celery Carrots Beets Sweet Potatoes Parsnips	Asparagus Turnips Rutabagas Onions



Garden Salad-to-Go

2 cups lettuce
4 tomato wedges (use ½ tomato)
2 slices cucumber
1 radish sliced
2 small broccoli florets
3-4 carrot sticks



1. Place lettuce pieces in a clear plastic-lidded 20-ounce container.
2. Place tomato wedge in each of the four corners, diagonal with each corner.
3. Place two cucumber slices overlapping in the center of the container.
4. Arrange the radish slices on each side of the tomato wedges.
5. Place the two broccoli florets on the left and right side of the container.
6. Top with carrot sticks.

Spinach Salad-to-Go

2 cups spinach
1 mushroom sliced
2 cherry tomatoes

1. Place spinach pieces in a large clear plastic lidded container.
2. Arrange mushroom slices on the spinach.
3. Place a cherry tomato on each side of the container.



Comparison of Ranch Dressings

Suggestions for Use of Salad Dressings:

- Encourage use of non-fat or low-fat dressings.
- Serve only dressings with 12 grams of fat or less per ounce or per serving. Less is better.
- Limit the amount served by pre-portioning, using packets, serving dressings to students, setting pumps on ½ oz per squirt, and/or serving salad dressings less often.

Per 2 Tbsp Serving

	Cals	Fat (gm)	Sat. Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Protein (gm)
Regular, Bottled							
Pocahontas Buttermilk Dressing	170	18	2.5	5	280	1	0
Mrs. Clarks Ranch Dressing	130	14	4.0	15	110	2	
Hidden Valley Ranch Original	140	14	1.5	10	260	1	1
Made From Mix							
Hidden Valley Ranch from regular mix with mayonnaise	104	11	1.3	9	226	1	0.7
Hidden Valley Ranch from regular mix with Miracle Whip	75	7	1	5	238	3	0.5
Bottled, Reduced Fat							
Hellman's' Low fat Ranch Dressing	80	7	1	15	340	4	0
Mrs. Clark's Reduced Calorie Ranch Dressing	70	7	0.0	15	150	0.0	0.0
Kraft Light Done Right	70	4	0.5	10	350	6	0
Made From Scratch							
USDA Tool Kit Recipe	34	2.1	0.7	4	152	3	1
Bottled, Non-Fat							
Wishbone Fat Free Ranch	30	0	0	0	280	7	0



Tips to Remember for Your Fruit Salads-To-Go

Offering fresh fruits in an attractive and appetizing manner will encourage your customers to choose a nutritious selection to accompany their main entrée.

1. Use colored trays for fruit soufflé cups or a two-inch steam table pan in a refrigerated unit (single layer).
2. Do not stack trays; place only one tray at a time.
3. Use 4 oz. plastic soufflé cups with lids for canned fruits. Use 4 oz. unlined plastic soufflé cups for fresh fruit.
4. Use a colored tray for bananas.
5. Keep cut apples or bananas from turning brown by dipping in a cup of lemon or lime juice or pineapple juice (drained) from canned pineapple.
6. For a colorful fruit alternative, place together a half apple and a half orange and serve in a soufflé cup. The orange prevents the apple from discoloring.
7. Don't use metal pans for serving fresh fruit.
8. Try serving fresh whole fruits in a wicker basket for an attractive serving alternative.

Fruit Salad Bowl-to-Go

- 4-5 1-inch chunks of cantaloupe
- 4-5 1-inch chunks of honeydew
- 4-5 1-inch chunks of watermelon
- 4-5 1-inch chunks of pineapple
- 1 strawberry with stem



Tips to Remember for Fruit and Vegetable Cups

1. Use 4 ounce clear plastic soufflé cups with lids to package individual fruit and vegetable servings.
2. When offering more than one serving choice for fruits and vegetables, keep like-colored items separated. Instead, line different colored items next to each other. [Place strawberries next to pears or place carrots next to celery.]

Pre-packed Fruit Cups

Pack fruit cups with single servings of fresh or canned fruit, or with fruit cup mixtures. Both choices provide customers with exciting and appetizing options to meet part of the entire $\frac{3}{4}$ cup fruit/vegetable component.

Try offering:

- Strawberries and blueberries
- Strawberries and bananas
- Cantaloupe and watermelons
- Cantaloupe and honeydew
- Apples and orange slices
- Apples with blueberries
- Cantaloupe, honeydew and Watermelon
- Papaya and mangos
- Grapes and watermelon
- Half a grapefruit with a cherry
- Peaches and bananas
- Cherries and bananas
- Blueberries and pears
- Apples and bananas
- Orange and apple slices
- Kiwi fruit and grapes

Pre-packed Vegetable Cups

Pack vegetable cups with single servings of fresh vegetables or vegetable mixtures. Both choices provide customers with exciting and appetizing options to meet part or the entire $\frac{3}{4}$ cup fruit/vegetable component.

Try offering

- Celery and carrot sticks
- Celery or Carrot sticks with ranch dip
- Lettuce and tomato mixture
- Broccoli with ranch dip
- Broccoli and cauliflower with ranch dip

Pre-packed Fruit and Vegetable Combinations

Pack fruit and vegetable combination cups with fresh fruit and vegetable mixtures. This choice provides customers with exciting and appetizing options to meet all or part of the $\frac{3}{4}$ cup fruit/vegetable component.

Try offering:

- Apples with celery sticks
- Raisins and celery sticks with peanut butter
- Grapes with carrot sticks
- Apples with carrot sticks
- Banana with carrot sticks



What foods are in the vegetable group?

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:



Dark green vegetables

bok choy
broccoli
collard greens
dark green leafy lettuce
kale
mesclun
mustard greens
romaine lettuce
spinach
turnip greens
watercress

Orange vegetables

acorn squash
butternut squash
carrots
hubbard squash
pumpkin
sweet potatoes

Dry beans and peas

black beans
black-eyed peas
garbanzo beans (chickpeas)
kidney beans
lentils
lima beans (mature)
navy beans
pinto beans
soy beans
split peas
tofu (bean curd made from soybeans)
white beans

Starchy vegetables

corn
green peas
lima beans (green)
potatoes

Other vegetables

artichokes
asparagus
bean sprouts
beets
Brussels sprouts
cabbage
cauliflower
celery
cucumbers
eggplant
green beans
green or red peppers
iceberg (head) lettuce
mushrooms
okra
onions
parsnips
tomatoes
tomato juice
vegetable juice
turnips
wax beans
zucchini

Why is it important to eat vegetables?

Eating vegetables provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Health benefits

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- Eating fruits and vegetables rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help to decrease bone loss.
- Eating foods such as vegetables that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

What foods are in the fruit group?

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are:



Apples
Apricots
Avocado
Bananas

Berries:
strawberries
blueberries
raspberries
cherries

Grapefruit
Grapes
Kiwi fruit
Lemons
Limes
Mangoes

Melons:
cantaloupe
honeydew
watermelon

Mixed fruits:
fruit cocktail

Nectarines
Oranges
Peaches
Pears
Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines

100% Fruit juice:
orange
apple
grape
grapefruit

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- Eating foods such as fruits that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Nutrients

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are important sources of many nutrients, including potassium, dietary fiber, vitamin C and folate (folic acid).
- Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. *Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.*

Interesting Facts About Fruits and Vegetables



Vegetables

Sweet Gold, Green, or Red Bell Peppers

The color of the pepper depends on the variety. Peppers have a mildly sweet, slightly spicy flavor. Sweet bell peppers are available year round. Most are grown in Florida and California. In some parts of the United States, people call these vegetables “Mangoes,” confusing them with the sweet fruit grown mostly in Central America. Sweet bell peppers are excellent sources of vitamin C and also provide vitamin A and potassium.



Broccoli

Broccoli is an excellent source of vitamin C and a good source of vitamin A. It is a cruciferous vegetable, part of the cabbage family. Eating cruciferous vegetables may reduce the risk of colon cancer. Broccoli contains very little sodium and fat and no cholesterol. Look for broccoli with firm, compact clusters of small flower buds. The clusters should be dark green and may have a purple cast to them. Broccoli is crisp and crunchy and is very tasty cut up and served raw with a low-fat vegetable dip.

Broccoflower

It looks like cauliflower dyed neon green. Broccoflower is a cross between cauliflower and broccoli. Introduced in Holland, it is now grown in Salinas, California. Broccoflower taste much like cauliflower when it's raw, but sweeter and less pungent. When cooked, the results taste more like broccoli. Broccoflower has more vitamin C than oranges. It's also high in folic acid that is important to the maintenance of red blood cells that carry oxygen throughout the body. Broccoflower is also higher in vitamin A than either broccoli or cauliflower.

Baby Carrots

Baby carrots are produced year round. Most baby carrots are grown in California. Because of their tiny size, they are very tender, sweet, and fun to eat all by themselves as a snack. Baby carrots provide a lot of vitamin A. They are also good sources of fiber and potassium. No, baby carrots are not full sized carrots picked when they were babies! Producers have changed the seeds to make carrots stay tiny.

Turnips

Turnips are available year round. Among the states involved in production are California, Colorado, Indiana, New Jersey, Ohio, Oregon, Texas, and Washington. Some common varieties include Purple Top, White Glove, White Egg, Golden Ball, Amber, and Yellow Aberdeen. Turnips are a good source of vitamin C and potassium. They can be eaten either raw or cooked, and have a crunchy delicate flavor.

Spinach

Fresh leaf spinach is available throughout the year. Known as a food source since 647 A.D., the Chinese called spinach the “herb of Persia.” It was grown in America during the colonial period, probably traveling over on ships from England. The most nutritious way to serve spinach is raw in a salad, by itself, or with other mixed greens. Cooked spinach is often served as a side dish. Spinach is a rich source of iron, vitamin A, and vitamin C. Popeye knew to include this nutrient rich vegetable in his diet every day!

Jicama

Jicama, yam bean, Mexican potato, or Mexican turnip has been eaten in Central American for many centuries and is now common in U.S. stores. To eat Jicama, only the fibrous brownish peel must be removed. Jicama is often added raw to salads or prepared as strips, like carrots. In Mexico the ivory colored flesh is marinated with Mexico lime and then served topped with chili powder. A 3½ oz serving of Jicama provides 39 calories and about 25% of the RDA for vitamin C.

Celery

California provides most of the U.S. supply of celery year round. There are two distinct types classified by color: green or golden. Pascal celery is the green type most people see in the grocery store. This type of celery lacks stringiness and is known for its distinct flavor. Most people enjoy raw celery because of its crunchiness. It is also tasty filled with peanut butter, cream cheese, or cheese spread. Celery is a main ingredient in oriental stir-fry dishes and gives flavor to soups and stews. Celery is a good source of fiber, folic acid, potassium, and vitamin C. It is a very low-calorie snack.

Fruits



Red Bartlett Pears

Bartlett pears are known as the “summer pear.” They are plentiful in June and July. Pears are one of the few fruits that do not mature well if allowed to ripen on the tree. As a result, pears must be picked before they are ripe to ensure quality. This is the reason you will often find firm, unripened pears at the store. After the pear has ripened, you will have a juicy, flavorful, sweet, nutritious snack. Pears are a good low-calorie source of fiber, potassium, vitamin C, and carbohydrate. Their distinctive red color makes them an irresistible snack for the “sweet tooth.”

Kiwi Fruit

Kiwi fruit is a refreshing source of good nutrition. Ounce for ounce, kiwi fruit has more vitamin C than oranges, as much potassium as bananas, and four times as much fiber as celery. It contains no sodium, very little fat, and no cholesterol. Kiwi fruit is available year round. Like peaches, kiwi fruit is ripe when slightly soft to the touch. Choose fruit that is plump and unwrinkled. To ripen at home, place in a bowl with other fruit and leave at room temperature for a few days. For quick ripening, place kiwi fruit in a paper bag with apples or bananas. Kiwi can be eaten very simply right out of the hand or can complement any meal. Use as a beautiful garnish for salads or dessert plates, kiwis will also tenderize meats.



Pineapple

Although most people think pineapple only grows in Hawaii, it also comes from Honduras, Mexico, Philippines, Puerto Rico, and South Africa! Fresh pineapple is a delicious tropical fruit that would be a refreshing addition to any meal, especially during warm weather! Do not add fresh pineapple to gelatin dishes because it contains an enzyme, which destroys the gelatin's ability to get firm. Pineapples do not get any sweeter after they are harvested. Because of this, the harvest timing must be just right for the best flavor. A ripe pineapple should be firm all over and have a fragrant smell. Pineapples provide some vitamin C, and are good sources of fiber and potassium.

Tangelo (Ugli) Fruit

Native to Jamaica, Ugli fruit is a citrus fruit that is thought to be a mandarin-orange hybrid or tangerine-grapefruit hybrid. On its own, Ugli fruit has orange or pink flesh that is sweeter than grapefruit. It wears the most wrinkled skin of all citrus varieties, making it easy to peel. It is generally available October through February. Nutritional value is comparable to that of other citrus fruits.



Granny Smith Apples

Washington is the top producer of apples in America. Introduced in the U. S. in 1958, the Granny Smith has been a favorite ever since. The “Granny” has a famous bright to light green color and tart flavor. It is exceptionally tart and crispy. Grannies often have a light pink blush. They are excellent for salads and for eating right out of hand. Apples need refrigeration to maintain crispness and flavor. Avoid fruit with too many bruises. Apples are high in fiber and a good source of vitamins A and C and potassium. One average-sized apple contains 80 calories and no sodium.



Cantaloupe

Cantaloupe has been around since ancient Roman times about 2400 B. C.

Brought to the New World on one of Columbus' voyages in seed form, he later reported seeing it cultivated by the Indians. Also known as the Musk Melon because of its sweet smell, it has been a favorite all over the world.

Cantaloupe is grown mainly in California, Texas, and Arizona and is available year round. They must mature on the vine, as they will not ripen once picked. To choose mature melons, look for one that is well netted or webbed, with a yellow background and a pleasing aroma. If any of the stem is showing, that means the melon was picked pre-maturely and will probably not taste as sweet as one allowed to ripen on the vine. It is hard to believe, but the great taste of a juicy sweet cantaloupe comes with a very small caloric price: 50 calories per 6-oz slice! Half a cantaloupe will meet your daily requirement for vitamins A and C, as well as valuable minerals such as folic acid and potassium.

Cantaloupe has no fat or cholesterol and provides fiber in the diet.

Honeydew Melon

Honeydew is actually a member of the cantaloupe family. It is characterized by a smooth, creamy colored outside skin (no netting) and a beautiful pale green flesh inside. Honeydew is one of the few melons of this type that can continue to ripen once picked. Honeydew likes to be cool but not chilled. At temperatures below 40° F., brown spotting may occur. Honeydew is an excellent source of vitamin C. It also contains potassium and fiber. It is low in calories and contains no fat or cholesterol.



Red Grapes



Table grapes have been around since 4000 B. C. Franciscan missionaries introduced table grapes to California in the late 1700s. They may have been introduced to Mexico as early as 1500 by the Spanish conquistadors. Of all the grape varieties available, red grapes are probably the least well known.

Purchased as an impulse item, green grapes top the consumer's choice list. Grapes need to be picked at just the moment of ripeness because they do not sweeten after picking. Red grapes may be sweet or have a hint of tartness. Grapes are low calorie, provide vitamin C and potassium, and are low in sodium. They are great snacks, go well in the lunch box, or complement cheese platters.

Pomegranate

The Chinese Apple is another name for the pomegranate. The skin is red and smooth with a juicy spongy-soft, white membrane that encloses clusters of edible crimson, jewel-like seeds. The pomegranate has a sweet, aromatic flavor, and sometimes weighs up to one pound! In some cultures, the pomegranate is a symbol of fertility. Some herbalists to treat inflammations such as sore throats and rheumatism use it medicinally. The pomegranate can be stored at 32° F (for up to four months).

Pomegranates contain vitamin C and fiber and are low in sodium and rich in potassium. This is a very unusual fruit that children particularly enjoy trying.

Strawberries

Strawberries are the favorite berries of the U. S. Most strawberries come from the United States, but there are also varieties from Mexico, New Zealand, and Canada. Store only briefly as they are seldom good beyond five days, and the temperature must be held below 40°F. However, if the temperature is too cold, they will lose both color and flavor. Quality berries are characterized by bright red color, with very little green or white visible. Caps should be in place. Look for clean berries with no sign of moisture or mold. Strawberries are low calorie and a good source of vitamin C and fiber.





Nutrients in Fruits and Vegetables

Nutrient	Function in the Body	Fruit and Vegetable Sources
Vitamin A	Essential for vision, skin and the immune system. Promotes growth. Protects against some types of cancer.	Cantaloupe, apricots, dark green and deep yellow vegetables such as pumpkin, carrots, sweet potatoes, spinach, greens and bell peppers.
Vitamin C	Strengthens blood vessels, improves wound and bone healing, increases the resistance to infections and increases the absorption of iron – another important nutrient for growth.	Cantaloupe, honeydew melon, peaches, oranges, strawberries, kiwi fruit, asparagus, sweet potatoes, bell peppers, broccoli, Brussels sprouts.
Antioxidants and Phytonutrients	Antioxidants are vitamins, minerals and other substances that fight free radicals, which play a role in the progression of cancer and heart disease. Phytonutrients are the color pigments in the fruits and vegetables that either act as antioxidants or enhance the antioxidant benefits.	Fruits and vegetables bursting with color such as berries, tomatoes, and dark green and deep yellow vegetables.
Fiber	Important to maintain digestive health, as well as reduce blood cholesterol.	Raspberries, peas, blackberries, Brussels sprouts, parsnips, raisins, broccoli, black beans.
Folate	Important for normal cell division, wound healing and prevention of birth defects.	Orange juice, dried peas and beans, green leafy vegetables such as mustard and turnip greens, collards and spinach.
Calcium	Important for strong bones, blood clotting, muscle contraction and nerve function.	Rhubarb, okra and green leafy vegetables such as mustard and turnip greens, collards, kale and spinach.

Source: Building Blocks for Fun and Healthy Meals – A Menu Planner for the Child and Adult Care Food Program. U.S. Department of Agriculture, Food and Nutrition Service. Spring 2000.

Good Fresh Fruit and Vegetable Sources of Vitamin A, Vitamin C, Iron and Calcium

Good Vitamin A Sources

- Apricots
- Cantaloupes
- Carrots
- Collard greens
- Hot chili peppers
- Leaf lettuce
- Romaine lettuce
- Mangos
- Nectarines
- Peaches
- Spinach
- Sweet Potatoes

Good Vitamin C Sources

- Broccoli
- Cabbage
- Cantaloupes
- Cauliflower
- Grapefruit
- Green peppers
- Brussels sprouts
- Kiwi fruit
- Oranges
- Papayas
- Strawberries
- Mustard greens

Good Iron Sources

- Spinach

Good Calcium Sources (nondairy)

- Spinach, raw
- Mustard greens, boiled
- Collards, boiled
- Beet greens, boiled
- Figs, raw
- Papaya, raw
- Rhubarb, raw
- Wakame, raw
- Kelp, raw
- Turnip greens, raw
- Cabbage, Chinese (pak choi)
- French beans
- Natto
- Tempeh
- Chickory greens, raw



Combining good iron sources with high Vitamin C sources helps with iron absorption in the body.

Source: Fresh 2 U The Florida Way

Fiber Rich Fresh Fruits and Vegetables



Fruits



(2 grams or more)

	Serving Size	Grams Fiber
apple, with skin	1 medium	3.5
apple, without skin	1 medium	2.7
apricot, fresh with skin	3 medium	2.0
banana	1 small	2.4
blueberries	½ cup	2.0
orange	1 medium	2.6
peach with skin	1 medium	2.0
pear with skin	1 small	3.1
pear without skin	1 small	2.5
strawberries	1 cup	3.0

(1-1.9 grams)

cantaloupe	¼ melon	1.0
cherries	10	1.2
peach, without skin	1 medium	1.2

Vegetables (raw)

(1 – 1.9 grams)

broccoli	½ cup	1.7
cabbage, shredded	½ cup	1.5
carrots, shredded	½ cup	1.8
celery	½ cup	1.1
onions	½ cup	1.0
tomato	1 medium	1.5
spinach	1 cup	1.2



Ethnic and Cultural Food Practices

Materials in this section have been adapted from: Fresh 2 U – Florida School Food Service Guide.
www.fresh-from-florida.org

At one time, kiwi and bean sprouts were considered unique foods; today, however, these foods and other ethnic and cultural food are typical foods found in kitchens across America. The following pages contain information on a variety of traditional food favorites.

Traditional Southern Favorites

The eleven states that traditionally are considered to make up the South include: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North and South Carolina, Tennessee, Texas, and Virginia.

Traditional Southern Fresh Fruits and Vegetables

Sweet Potato	Watermelon	Collard greens	Honeydew
Peaches	Mustard greens	Apples	Beets
Pokeweed	Huckleberries	Okra	Squash
Cantaloupe	String Beans	Turnip Greens	Cabbage haw
Turnip roots	Plums	Spinach	Broccoli Peas
Kale	Oranges		Key Limes

Cajun and Creole Traditional Favorites

Although southern Louisiana has a higher Cajun and Creole population, many have relocated into regions of northern Florida bringing with them many regional favorites.

Traditional Cajun and Creole Foods

Peas, crowder	Muscadines [scuppernongs]
Pumpkin	Dewberries/Blackberries
Cushaw squash	Satsuma/Mandarin
Mirliton/Chayote	Kumquats
Potatoes	Passion fruit



Pacific Islands

People of the Pacific Islands are from the 10,000 islands of Oceania. Polynesia, Micronesia, and Melanesia are the three areas that make up the Pacific region. Polynesia includes the major island and island groups of Hawaii, American Samoa, Western Samoa, Tonga, Easter Island, and Tahiti, and the Society Islands. The small islands of Micronesia include Guam, Kiribati, Nauru, the Marshall and Northern Mariana Islands, Palau, and the Federated States of Micronesia. Melanesia includes the nations of Fiji, Papua, New Guinea, Vanuatu, the Solomon Islands, and the French dependency of New Caledonia.

Traditional Pacific Island Foods

Melons	Sword beans	Papayas	Cabbage	Banana	Breadfruit
Lentils	Passion fruit	Pigeon peas	Greens	Cassava	Coconuts
Pigeon peas	Vi [ambarella]	Cauliflower	Yams	Pineapples	Seaweed
Bitter melon	Carrots	Soybeans	Guavas	Sweet potatoes	Litchis
					Winged beans

Many different eating habits are prominent in this region due to the different religious practices found among the people. Vegetarianism is practiced with lacto-vegetarian, lacto-ovo-vegetarian, and vegan diets the most commonly followed forms. As vegetarianism is the preferred form of eating, even non-vegetarians eat vegetarian meals on special or religious holidays.

Traditional Indian and Pakistani Foods

Cucumber	Guava
Karela	Coconut tamarind (fruit from the Tamarind tree)
Okra	Brinjal (eggplant)
Mung bean sprouts	Karela
Chenna [chickpeas]	
Mattar [green peas]	
Mango	



China, Japan, and Korea

Chinese, Japanese, and Korean foods found in American restaurants do not always reflect traditional foods found in China, Japan, and Korea. Traditional diets are abundant in complex carbohydrates and include a wide variety of meat, poultry, seafood, fruits, and vegetables. Almost 80 percent of the calories consumed are from grains, legumes, and vegetables; the remaining 20 percent comes from animal proteins, fruits, and fats.

Traditional Chinese, Japanese, and Korean Foods

Amaranth	Apples	Asparagus
Bananas	Bamboo shoots	Custard apples
Banana squash	Coconut	Bean sprouts
Dates	Bitter melon	Dragon eyes [longan]
Broccoli	Figs	Burdock root
Grapes	Cassava [tapioca]	Kumquats
Cauliflower	Lily seed	Celery
Lime	Wax Beans	Litchi
Chinese Long beans	Yams	Mango
Cabbage [bok choy and napa]	Winter Melon	Chrysanthemum greens
Chinese mustard	Watercress	Papaya
Oranges	Muskmelon	Flat beans
Eggplant	Cucumbers	Persimmons
Peaches	Passion fruit	Green peppers
Ginger root	Fuzzy melon	Pomegranates
Plums	Pineapples	Legumes
Leeks	Kohlrabi	Pear apples
Tangerines	Pomelos	Luffa
Lotus root and stems	Lily root	Onions
Mushrooms	Strawberries	Pumpkin
Peas	Okra	Spinach
Seaweed	Potato	Turnips
Taro	Snow peas	
Water chestnuts	Tea melon	



Mexico

The unique blend of native and European foods prepared with Indian (mostly Aztec) and Spanish cooking techniques are the resulting cuisine of traditional Mexican food.

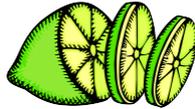
Traditional Mexican Foods

Plantains
Zapote
Tuna [cactus fruit]
Coconut
Chiles
Guava
Peas
Mamey
Tomatillos
Papaya

Avocados
Strawberries
Cherimoya
Cactus
Guanabana
Onions
Limes
Squash blossoms
Oranges
Yuca [cassava]

Carambola
Corn
Granadilla [passion fruit]
Jicama
Lemons
Potatoes
Melon
Tomatoes
Pineapple

Southeast Asia



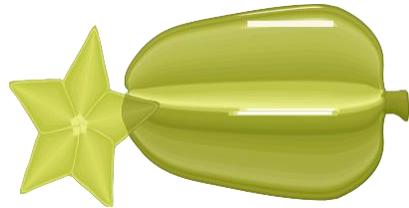
Southeast Asia includes the Philippine, Vietnam, Cambodia, and Laos. Spanish expansionism in the Philippines and the French occupation in Vietnam have led to the development of a diverse cuisine. Regions use many of the same ingredients with varying meal preparation techniques.

Traditional Southeast Asian Foods

Citrus fruits
Avocados
Bamboo shoots
Calamansi [lime]
Bitter melon
Grapes
Carrots
Java plum
Cauliflower
Melons
Endive
Persimmons
Hyacinth beans
Pomegranates
Leaf fern
Rhubarb
Long green beans
Tamarind

Apples
Amaranth
Bananas
Beets
Durian
Cabbage
Jackfruit
Cassava
Mangoes
Eggplant
Pears
Green papaya
Plums
Kamis
Rambutan
Lettuce
Strawberries
Watermelon

Corn
Banana blossoms
Bean sprouts
Coconut
Mushrooms
Guava
Cashew
nut leaves
Litchi
Celery
Papaya
Green beans
Pineapples
Hearts of palm
Pomelo
Leeks
Star fruit



Cuba and Puerto Rico

Caribbean food habits are very similar, although each island has its specialties. The Indians, the Spanish, French, British, Dutch, Danes, Africans, Asian Indians, and Chinese have all had an impact on the cuisine.

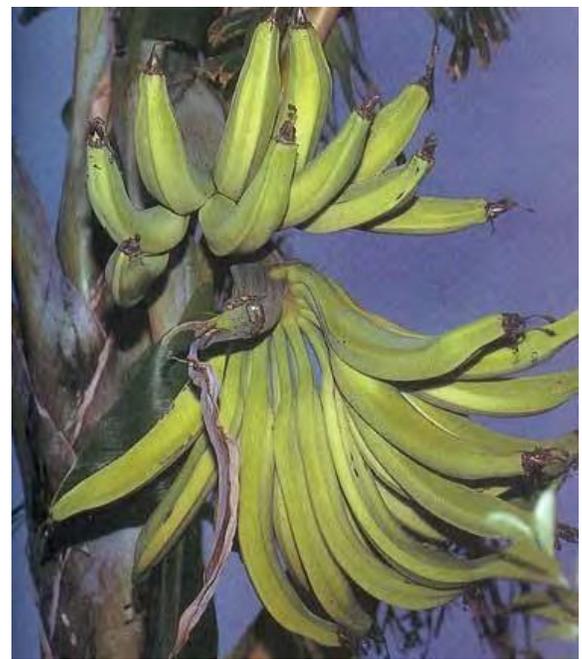
Traditional Cuban and Puerto Rican Foods

Yuca
Bananas
Malanga [tania]
Guava
Sweet potatoes
Soursop
Okra
Mangoes
Pomegranate
Kidney beans
Akee
Broccoli
Citron
Cocoplum
Callaloo [malanga
or taro leaves]
Grapefruit
Eggplant
Mamey
Palm Hearts
Sapodilla

Avocados
Plantains
Coconuts
Chayote
Pineapples
Chili peppers
Breadfruit
Black beans
Green Beans
Acerola cherries
Arracacha
Radishes
Cabbage
Calabaza [green pumpkin]
Gooseberries
Granadilla [passion fruit]
Cucumbers
Lemons
Malanga
Raisins
Spinach

Manioc
Cashew apples
Chocho [christophene]
Papayas
Tomatoes
Limes
Taro
Kumquats
Oranges
Black-eyed peas
Caimito [star fruit]
Tamarind
Custard apple
Chiles
Corn





Banana facts

A cluster of bananas is called a hand and consists of 10 to 20 bananas, which are known as fingers.

Banana plants are the largest plants on earth without a woody stem. They are actually giant herbs of the same family as lilies, orchids and palms. The banana tree grows from a bulb (or rhizome) not a seed.

Bananas are a good source of vitamin C, potassium and dietary fiber. Bananas are America's #1 fruit.

Bananas are great for athletic and fitness activity because they replenish necessary carbohydrates, glycogen and body fluids burned during exercise.

Bananas are not grown commercially in the continental United States. They are grown in Latin and South America from countries like Costa Rica, Ecuador, Colombia, Honduras, Panama and Guatemala.

Bananas are perennial crops that are grown and harvested year-round.

In 2001, there were more than 300 banana-related accidents in Britain, most involving people slipping on skins.

There are more than 500 varieties of banana in the world.

There is no such thing as a banana tree. Bananas grow on plants.

The banana plant reaches its full height of 15 to 30 feet in about one year.

When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

-Illinois State Board of Education



Cantaloupe

The cantaloupe originated in India and Africa.

The cantaloupe was named after the comune Cantalupo in Sabina, in the Sabine Hills near Tivoli, Italy, a summer residence of the Pope. It was originally cultivated about the year 1700 from seeds brought from Armenia, part of the homeland of melons.

The most widely enjoyed variety of European cantaloupe is the *Charentais*, cultivated almost exclusively in France. Pope Innocent XIII (1721-1724) is said to have enjoyed sipping Port wine from a partially hollowed melon half as an apéritif.

Cantaloupes were first introduced to North America by Christopher Columbus on his second voyage to the New World in 1494. The W. Atlee Burpee Company developed and introduced the "Netted Gem" in 1881 from varieties then growing in North America.^[3]

The fruit names cantaloupe and muskmelon are used somewhat interchangeably. What is generally called cantaloupe in the west is really a muskmelon, characterized by a webbed surface. Cantaloupes have a smooth and lumpy skin with deep ridges. Cantaloupes were cultivated in Egypt's Nile valley as early as 2000 B.C.

Did you know that cantaloupes and melons are in the same gourd family as squashes and cucumbers? Most melons have similar structure to winter squash with thick flesh and inner seed-filled midsection. The difference between melons and squashes is very simply, it's the way that they are used. Squashes are considered vegetables, while cantaloupe melon is fruit, with sweet and juicy flavor.



Cantaloupes have significant amounts of Vitamins A and C, are a good source of potassium, and contain small amounts of many other minerals. The rind is rich in nutrients so the whole melon may be juiced. In places with a suitable climate, cantaloupes may be grown all year long. However, extra care must be taken for winter varieties as they are particularly susceptible to disease.

Cantaloupes have a sweet fragrance when they are ripe and the blossom end of the fruit should yield to moderate pressure. When you are selecting a cantaloupe, avoid those with a stem, which indicates the cantaloupe was harvested too early. Store un-ripe cantaloupes in a place out of the sunlight until they are ripe. Then, they may be stored in the refrigerator. Cantaloupes are rich in nutrients that fight disease, including cancer. The cantaloupe should be a frequent and welcome visitor to your table.

Cantaloupes are available year round. Cantaloupe's peak growing and harvesting season is June thru August. The western states of California, Arizona, and Texas provide the majority of the cantaloupe crop in the USA.

-Georgia Department of Education



Blueberries

Description

Blueberries are the fruits of a shrub that belong to the heath (*Ericaceae*) family whose other members include the cranberry and bilberry as well as the azalea, mountain laurel and rhododendron. Blueberries grow in clusters and range in size from that of a small pea to a marble. They are deep in color, ranging from blue to maroon to purple-black, and feature a white-gray waxy "bloom" that covers the berry's surface and serves as a protective coat. The skin surrounds a semi-transparent flesh that encases tiny seeds. Cultivated blueberries are typically mildly sweet, while those that grow wild have a more tart and tangy flavor.

History

Blueberries are native to North America where they grow throughout the woods and mountainous regions in the United States and Canada. This fruit is rarely found growing in Europe and has only been recently introduced in Australia.

There are approximately 30 different species of blueberries with different ones growing throughout various regions. For example, the Highbush variety can be found throughout the Eastern seaboard from Maine to Florida, the Lowbush variety throughout the Northeast and Eastern Canada, and the Evergreen variety throughout states in the Pacific Northwest.

While blueberries played an important role in North American Indian food culture, being an ingredient in pemmican, a traditional dish composed of the fruit and dried meat, they were not consumed in great amounts by the colonists until the mid-19th century. This seems to be related to the fact that people did not appreciate their tart flavor, and only when sugar became more widely available as a sweetener at this time, did they become more popular.

Blueberries were not cultivated until the beginning of the 20th century, becoming commercially available in 1916. Cultivation of blueberries was spearheaded by a botanist at the United States Department of Agriculture who pioneered research into blueberry

production. His work was forwarded by Elizabeth White, whose family established the first commercial blueberry fields.

Nutritional Profile

Blueberries are phytonutrient superstars. These fruits contain significant amounts of anthocyanadins, antioxidant compounds that give blue, purple and red colors to fruits and vegetables. In addition, blueberries also contain ellagic acid, another phytochemical that has been shown to prevent cell damage.

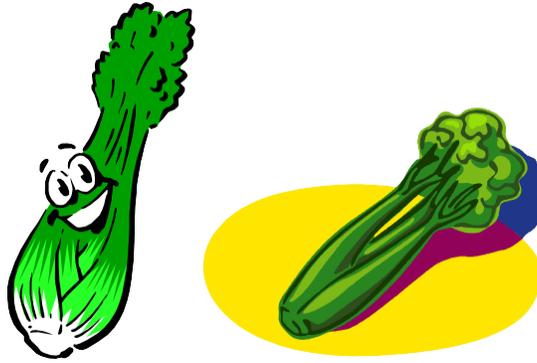
Blueberries are a very good source of vitamin C, manganese, and both soluble and insoluble fiber like pectin. Blueberries are also a good source of vitamin E.

Want Healthy? Pursue Blue.

Most nutritionists consider blueberries a super food! The reason? Blueberries have consistently been recognized as the fruit with the highest antioxidant activity. These tasty berries offer twice as many health-giving antioxidants as spinach, more than three times as many as oranges, red grapes and cherries and more than four times as many as grapefruit, white grapes, bananas and apples.

Blueberries have been shown to improve memory, balance, and coordination. And a diet high in blueberry consumption can help retard the development of a number of degenerative diseases and conditions including cancer, cognitive impairment, immune dysfunction, cardiovascular trauma, cataracts and macular degeneration.

-Georgia Department of Education



Celery

Celery has become a common household staple along with carrots, onions and potatoes. Its crunchy texture and distinctive flavor makes it a popular addition to salads and many cooked dishes. Although it is available throughout the year, you will enjoy the best taste and quality of celery during the summer months when it is in season and locally grown varieties can be easily found in the markets.

Celery grows to a height of 12 to 16 inches and is composed of leaf-topped stalks arranged in a conical shape that are joined at a common base. It is a biennial vegetable plant that belongs to the Umbelliferae family whose other members include carrots, fennel, parsley and dill. While most people associate celery with its prized stalks, the leaves, roots and seeds can also be used as a food and seasoning as well as a natural medicinal remedy.

Celery is an excellent source of vitamin C, a vitamin that helps to support the immune system.

The celery that we know today was derived from wild celery. While thought to have its origins in the Mediterranean regions of northern Africa and southern Europe, it was also native to areas extending east to the Himalayas. Wild celery differed a bit from its modern day counterpart in that it featured less stalks and more leaves.

Celery has a long and prestigious history of use, first as a medicine and then later as a food. The initial mention of the medicinal properties of celery leaves dates back to the 9th century B.C., when celery made an appearance in the *Odyssey*, the famous epic by the Greek poet, Homer. The Ancient Greeks used the leaves as laurels to decorate their renowned athletes, while the ancient Romans used it as a seasoning, a tradition that has carried through the centuries.

It was not until the Middle Ages that celery's use expanded beyond medicine and seasoning into consideration as a food. Celery was introduced in the United States early in the 19th century.

-Georgia Department of Education



Cucumbers



Cucumbers originated in India. Large genetic variety of cucumber has been observed in different parts of India. It has been cultivated for at least 3,000 years in Western Asia, and was probably introduced to other parts of Europe by the Romans. Records of cucumber cultivation appear in France in the 9th century, England in the 14th century, and in North America by the mid-16th century.

Christopher Columbus first brought cucumbers to America. Soon thereafter, Native Americans and colonists began growing cucumbers up and down the eastern coastal states of America. Today, the majority of cucumbers are still grown in this part of the United States, with one exception, California. Florida is the biggest producer of cucumbers in the United States, with California, New York, North Carolina, South Carolina, Texas, and Virginia next.

“Cool as a Cucumber” – Where did that saying come from?

Answer:

Cucumbers have exceptionally high water content, more than 95 percent, which gives them a crisp, cool and moist consistency. The inside of a cucumber can be as much as 20°F cooler than the outside air.

Cucumbers are scientifically known as *Cucumis sativus* and belong to the same family as watermelon, zucchini, pumpkin, and other types of squash. Varieties of cucumber are grown either to be eaten fresh or to be pickled. Those that are to be eaten fresh are commonly called slicing cucumbers. Cucumbers such as gherkins that are specially cultivated to make pickles are oftentimes much smaller than slicing cucumbers.

-Georgia Department of Education

Green Beans



Green beans are in the same family as pinto beans, black beans and kidney beans. Yet unlike their cousins, green beans' entire bean, pod and seed, can be eaten. They originated in Peru, and there they were spread throughout South and Central America by traveling Indian tribes. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and were spread through many

other parts of the world by Spanish and Portuguese traders. Today, the largest commercial producers of fresh green beans include the United States, China, Japan, Spain, Italy and France.

Although these bright green and crunchy beans are available at your local market throughout the year, they are in season from summer through early fall when they are at their best and the least expensive.

Green beans are picked while still immature and the inner bean is just beginning to form. They are one of only a few varieties of beans that are eaten fresh. Green beans vary in size, averaging about four inches in length. They are usually deep emerald green in color and come to a slight point at either end. They contain tiny seeds within their thin pods.



Choose green beans that have a smooth feel and a vibrant green color, and that are free from brown spots or bruises. They should have a firm texture and 'snap' when broken. Store unwashed fresh bean pods in a plastic bag and keep in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

Green beans, are low in calories, but loaded with enough nutrients to not only power up the Jolly Green Giant, but also put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are very good source of vitamin A (including beta-carotene), dietary fiber, potassium, folate, and iron. Green beans are also a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin.

Nutrition Facts for 1 cup of Green Beans:

34 calories,	0 g fat,	2 g protein,	8 g carbohydrate,
4 g fiber,	7 mg sodium		

-Georgia Department of Education

Daily Nutrition Tips!

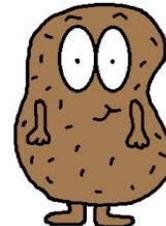


MONDAY	1 Medium lemon (58g) contains 17 calories and is an excellent source of vitamin C.
TUESDAY	Cucumbers are a member of the gourd family along with melons, squash and pumpkins. Cucumbers are 95% water. They originated in India where they have been grown for 3,000 years. 
WEDNESDAY	Potato is the most widely consumed vegetable in America. In fact, a baked medium potato (173g) has 163 calories, no fat and provides an excellent source of potassium and vitamin C. Leave the skin on for added fiber and Nutrients. 
THURSDAY	A peach is the third most popular fruit grown in the United States and belongs to the rose family and emits a sweet aroma when they are ripe. 
FRIDAY	A Superfood for your heart, one cup of raspberries (123g) provides an excellent source of fiber, vitamin C and manganese for just 64 calories. The USDA ranked raspberries 10th in total antioxidant capacity out of over 100 common foods. 
MONDAY	Be active and get your family to join you and have fun together. Play with the kids or pets. Go for a walk, tumble in leaves, or play catch.
TUESDAY	Between 60 and 63 million acres of wheat are harvested each year in the United States. If all the acres were side by side, the wheat fields would cover more than 100,000 square miles, an area 10 times the size of the state of Vermont, twice as big as all the New England States, or one-third the size of the state of Texas. 
WEDNESDAY	A new variety of wheat can take as long as 17 years to develop before it is available for farmers to plant.
THURSDAY	Wheat is the only grain with sufficient gluten content to make a raised or leavened loaf of bread.
FRIDAY	The U.S. Department of Agriculture and Health and Human Service's Dietary Guidelines for Americans stress the need for 6 to 11 servings of grain products (bread, cereals, rice and pasta) each day.

Roasted Fingerling Potatoes (yield 5 servings)

- 1 1/2 lbs fingerling potatoes
- 1/2 med. sweet onion, sliced thin and separated into rings
- 4-5 garlic cloves, minced
- 1 Tablespoon fresh dill chopped
- 1-2 Tablespoon olive oil

1. Cut potatoes into 1/2 to 1 inch sections
2. Place in a large bowl along with onion, garlic and dill
3. Drizzle with the olive oil, salt and pepper to taste
4. Mix to thoroughly combine, then place on a large sheet of aluminum foil, folding foil over on top and seal.
5. Place sealed packet over medium heat on grill and cook 20 to 25 minutes, turning half way through.



Nutritional Information per Serving: Calories 158, Fat 6 g, Cholesterol 0 g, Sodium 9 mg, Carbohydrates 25 g, Fiber 3 g, Protein 3 g

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Daily Nutrition Tips!



MONDAY	Brown rice is a whole grain because the bran and endosperm are left on the rice. It has more fiber than white rice. To save yourself time, find quick cooking brown rice in the store.
TUESDAY	Red, black and purple whole grain rice varieties are increasingly popular in the U.S. and offer all the whole grain goodness of brown. 
WEDNESDAY	Red carrots contain the same amount of antioxidant and lycopene as tomatoes.
THURSDAY	In China and Japan yellow and red carrot varieties are very popular. The purple carrot is making a comeback and is proving popular in several American States.
FRIDAY	Some of our favorite cereals, including Rice Krispies, started with a small grain of rice. 
MONDAY	Get outside and enjoy the beautiful spring weather. Shoot some hoops with friends or sit back and enjoy the sun's rays.
TUESDAY	The Vienna Vegetable Orchestra plays in Europe and Asia. Their musical instruments are made of vegetables. They make their instruments before every concert. With the leftover vegetables a vegetable soup is made for the audience to sample after every concert. Create your own instrument from a vegetable today! 
WEDNESDAY	Request a grilled cheese sandwich today for dinner with a nice bowl of hot, tomato soup. 
THURSDAY	Rice is Japan's most important crop and has been cultivated there for over 2000 years.
FRIDAY	Japanese rice is a short grain rice that becomes sticky when cooked. Most rice is sold as hakumai ("white rice").

FRUIT AND VEGETABLE FIND

Search this puzzle for these words listed to the left. Circle the words and cross off until you find all the fruits and vegetables.



Apple
Carrot
Corn
Lime
Tomato
Banana
Cherry
Grape
Peas
Pear

Y	G	R	A	P	E	C	T
L	R	K	B	L	E	B	O
I	R	R	P	Z	A	A	R
M	Q	P	E	N	C	C	R
E	A	V	A	H	O	Z	A
M	G	N	S	R	C	R	C
P	A	R	N	A	E	P	V
O	T	A	M	O	T	E	X



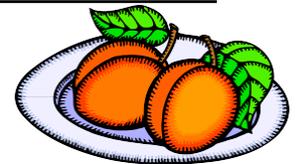
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Daily Nutrition Tips!



MONDAY	Nectarines were first grown in China more than 4,000 years ago.	
TUESDAY	Nectarines are delicious eaten whole and are free of sodium, low in calories and fat. Nectarines are a great guilt free food.	
WEDNESDAY	Whole grains include grains such as wheat, corn, rice, oats, barley, quinoa, sorghum, spelt and rye. Whole grains even include popcorn.	 
THURSDAY	Foods with whole grains provide more protein, fiber and other vitamins and minerals than do non-whole grain foods.	
FRIDAY	The nectarine arrived in California over 130 years ago. The harvest usually begins in mid-May and lasts through September.	
MONDAY	A new study shows that corn has more antioxidants than any grain or vegetable.	
TUESDAY	The average Nectarine tree rises to 8-20 feet tall and produces fruit for 12 years.	
WEDNESDAY	Whole grains are digested slower than are refined grains, gradually releasing sugar present in the grain as starch.	
THURSDAY	The type of fiber in rye promotes a rapid feeling of fullness. Rye foods are a good choice for those trying to lose weight.	
FRIDAY	Eating more whole grain has been shown to help maintain weight loss.	

Nectarine Cobbler



1/2 cup butter
3 to 4 cups nectarines and its juices
1 cup sugar

2 teaspoons baking powder
1 cup whole wheat flour
1 cup skim milk

Put the butter in a deep casserole at least 9 inches in diameter and place in a cold oven. Preheat oven to 350°F. If the fruit is not juicy, sprinkle it with some sugar and set aside. Whisk together the baking powder, flour, and sugar in a bowl. Then add the milk and mix well. This mixture will be thin. When the butter has melted, pour the batter all at once into the dish, then pour the fruit and its juices into the center of the batter. Bake for 50-60 minutes, or until the batter is done and the top is golden brown. Serve hot, warm, or at room temperature. Yield: 8 servings

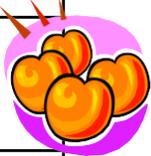
Nutrition Information per Serving: Calories 288, Cholesterol 31 mg, Sodium 97 mg, Fat 12 g, Saturated Fat 7 g, Trans Fat 0 g, Protein 4 g, Carbohydrates 45 g, Fiber 3 g, Iron 1 mg, Calcium 98 mg, Vitamin A 647 IU, Vitamin C 4 mg.



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Daily Nutrition Tips!



MONDAY	Organize a family swim outing—be sure to swim with a buddy in supervised areas.	
TUESDAY	Walk, jog, or skip instead of driving to and from school, grocery store, library or park.	
WEDNESDAY	Whole grains are a healthy part of every diet for all ages.	
THURSDAY	Whole grains include whole wheat, oats, brown rice or wheat berries. Look for the words "whole grain," like "whole grain" corn tortilla.	
FRIDAY	Apricots are full of betacarotene, fiber and vitamin C. Beta-carotene helps promote your vision while vitamin C helps you stay healthy.	
MONDAY	Whole grains may be eaten whole, cracked, split or ground. They can be milled into flour or used to make breads, cereals and other processed foods.	
TUESDAY	Whole grain foods include fiber, B and E vitamins, magnesium, iron and poly-unsaturated fats.	
WEDNESDAY	Aim for 25-35 grams of fiber every day. The average American consumes only 16 grams of fiber a day.	
THURSDAY	Fiber is in fruits, vegetables and whole grain foods and helps keep our digestive system working and help you feel full longer after a meal.	
FRIDAY	Pack a lunch for work if it's hard to find restaurants and delis that offer whole grains, fruit and vegetables.	



MOM'S BEST GRANOLA (Yields 28-1/2 cup servings)

- 7 cups rolled oats
- 1 cup wheat germ
- 1 cup unsweetened flaked coconut
- 1/2 cup unsalted sunflower seeds
- 1/2 cup sesame seeds
- 1 cup chopped almonds
- 1/2 cup vegetable oil
- 1/2 cup honey
- 1/2 cup boiling water
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract



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1. Preheat the oven to 325°F.
2. In a large bowl, stir together the oats, wheat germ, coconut, sunflower seeds and almonds. In a separate bowl, mix together the oil, honey, boiling water, brown sugar, salt and vanilla. Pour the liquid ingredients into the dry ingredients, and stir until evenly coated. Spread in a thin layer on a large baking sheet.
3. Bake for 60 to 90 minutes in the preheated oven. Stir every 30 minutes, until lightly toasted and fragrant. Granola will crisp up more when cooled.

Nutritional Information per Serving: Calories 232, Fat 13 g, Cholesterol 0 g, Sodium 46 mg, Carbohydrates 25 g, Fiber 6 g, Protein 7 g

Daily Nutrition Tips!



MONDAY	A fun activity to do as a family is a Scavenger hunt. Give each member a Ziploc bag to gather their treasures and a list of items to find like a stick, bark, leaf, etc. Then the winner could pick a family movie to watch together.
TUESDAY	1 cup of curly endive has 4 calories, 0 calories from fat, 2% potassium, 10% of Vitamin A, 2% Vitamin C, 1% Iron. 
WEDNESDAY	Oats contribute both starch and dietary fiber to the diet because of a higher concentration of well-balanced protein than other cereals. Oats have greater potential value to provide protein, especially for vegetarians. 
THURSDAY	Exercise is one of the most important activities a family can do together. Parents who take time to exercise on a regular basis with their family help their children develop a positive self-image. 
FRIDAY	Uncooked oatmeal can be added to yogurt, salads, sandwiches, soups, cold cereal and trail mix. Each 1/8th cup of oats adds one gram of fiber. 
MONDAY	A versatile vegetable for cooking is a tomato. It can be stuffed, baked, boiled, stewed, pickled and fried and are the base for many sauces. 
TUESDAY	Oat hulls are a source of furfural and oat flour has been used as a food preservative in ice cream and other dairy products.
WEDNESDAY	Did you know each person in the U.S. eats 12.5 lbs of citrus per year. 
THURSDAY	Endive becomes bitter when exposed to light. Store curly endive tightly wrapped in the refrigerator for up to 3 days. 
FRIDAY	Oats are used in many things. The edible grains of a widely grown cereal grass, oats (avena sativa) appears in many beauty products. People appreciate their soothing, anti-inflammatory properties. 



Peanut Butter Oat Grain Cookies (Makes 3 dozen cookies)

- 1 cup Butter
- 1 cup Peanut Butter
- 3/4 cup Fructose (powdered)
- 3/4 cup Brown Sugar
- 2 Eggs
- 1 cup 7-Grain Cereal
- 3/4 cup Oats, Rolled, Regular Old Fashioned
- 2 tsp. Baking Soda
- 1 tsp. Vanilla



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In a mixing bowl, cream the butter, peanut butter and sugars. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the remaining ingredients: stir into cream mixture. Drop by tablespoons 2 inches apart onto ungreased baking sheets.

Serving Size: 1 Cookie

Calories 150, Calories from Fat 80, Total Fat 9g, Saturated Fat 4g, Cholesterol 25mg, Sodium 110mg, Total Carbohydrates 14g, Dietary Fiber 1g, Sugars 9g, Protein 3g.

FRUCTOSE

Fructose is found naturally in many fruits and vegetables, and is one of the several components of honey. Fructose is the sweetest of all nutritive sweeteners with nearly one-and-a-half times the sweetness of ordinary table sugar in most application.

Daily Nutrition Tips!



MONDAY	Fresh corn on the cob will lose up to 40% of its sugar content after 6 hours of room temperature storage. The sugar is converted to starch.
TUESDAY	China produces about 19% of the world's corn crop, about 4 1/2 billion bushels.
WEDNESDAY	Corn's contribution to heart health lies not just in its fiber, but in the significant amounts of folate in the corn supplies. 
THURSDAY	Although we often associate corn with the color yellow, it actually comes in host of different varieties featuring an array of different colors, such as red, pink, black and blue.
FRIDAY	The Aztecs considered corn to be a sacred plant, perhaps in part because it thrived on the relatively infertile land where other vegetables could not survive.
MONDAY	U.S. researchers have led the way into finding many uses for corn—like in vitamins and amino acids. 
TUESDAY	Corn syrup prevents waste and saves consumers money by keeping bread fresh longer. 
WEDNESDAY	Corn exists today, not just as a plant, but also as a symbol. It stands for Iroquois identities. It stands for life. And it stands for spirit. 
THURSDAY	Send a "corny" card today. All you need is construction paper, glue, scissors, glitter and your own creativity.
FRIDAY	Most corn ends up as feed, so much stays in the Midwest or is shipped to Texas, California and North Carolina.

RECIPE– Corn and Black Bean Salad (Serving Size: 8)

Ingredients: 1 lb. cooked black beans, drained
 10 oz. can of corn kernels, drained
 1/2 green pepper, chopped
 1/2 red pepper, chopped
 2 green onions, sliced
 1 Tbsp. minced parsley
 1 Tbsp. vegetable oil



2 Tbsp. lime juice
 Freshly ground black pepper, to taste



Toss ingredients together, except black pepper. Generously sprinkle salad with black pepper. Cover and refrigerate.

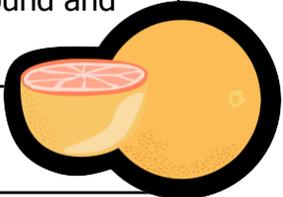
Nutritional Information per serving: Calories 124, Fat 2 g, Cholesterol 0 mg, Sodium 250 mg, Carbohydrates 21 g, Fiber 6 g, Protein 6 g



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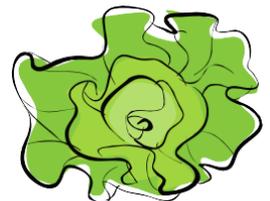
Daily Nutrition Tips!



MONDAY	It takes 25 gallons of water to grow one ear of corn.	
TUESDAY	Archaeologists have found ears of popcorn in the Bat Caves of New Mexico nearly 5,600 years old.	
WEDNESDAY	 Eat dinner today at the table with your entire family. Share stories from school, tell jokes or just listen to what everyone else has to say. Laugh, cry and show a big smile to those you love.	
THURSDAY	Fresh grapefruit from Arizona and California is available all year round and come in several colors including pink, red, white and golden.	
FRIDAY	A grapefruit is 75% juice. One medium grapefruit will give you 2/3 of a cup of fresh-squeezed juice.	
MONDAY	Discover the large array of products that are made with corn. Put together a display that shows and organizes these products. Include real items and pictures of the corn products. Show your family what you have learned.	
TUESDAY	Baby corn is almost always sweet corn, harvested just as it has begun to develop. This product is highly used in Asian cuisine.	
WEDNESDAY	Corn sweeteners supply more than 56% of the U.S. nutritive sweetener market.	
THURSDAY	Corn is all around us, in products such as baby food, glue, vitamins, antibiotics, condensed milk, peanut butter, chewing gum and ethanol.	
FRIDAY	 Today, try this new and fun activity. String candy corn like popcorn to make cool jewelry for you, your friends and family. You can also tape several strands in a doorway for a 70's style beaded curtain.	

RECIPE- Citrus Salad (Serving Size: 4)

- Ingredients:
- 1 lime- zested, peeled and sliced
 - 1 mandarin orange- zested, peeled and sectioned
 - 1 naval orange, peeled and sectioned
 - 1 grapefruit, peeled and sectioned
 - 1 shallots, diced
 - 1 Tbsp. lemon juice
 - 1 Tbsp. olive oil
 - 1/2 tsp. salt
 - 1 head romaine lettuce, torn



Directions: Place lime slices, mandarin sections, naval orange and grapefruit in a bowl. In a separate bowl, mix the lime zest, mandarin orange zest, shallots, lemon juice, olive oil and salt. Pour over the fruit. Arrange dressed fruit atop romaine lettuce to serve.



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Nutritional Information per serving: Calories 121, Fat 4 g, Cholesterol 0 mg, Sodium 308 mg, Carbohydrates 22 g, Fiber 6 g, Protein 3 g

Daily Nutrition Tips!



MONDAY	Corn is a vegetable plant first domesticated by Native American people somewhere over 6,000 years ago, in that part of North America today called Mexico.	
TUESDAY	Corn is the number one field crop raised in the United States.	
WEDNESDAY	Corn is a member of the grass family Tripsaceae. Its genus and species name is <i>Zea mays L.</i> It is a tall coarse annual grass, and its seeds are cereal grains. The cob (ear) is actually part of the flower structure.	
THURSDAY	Corn is produced on every continent in the world except Antarctica	
FRIDAY	One pound of corn equals approximately 1,300 kernels.	
MONDAY	One hundred bushels (about one acre) of corn equals approximately 7,280,000 kernels,	
TUESDAY	One ear of corn averages 800 kernels in sixteen rows.	
WEDNESDAY	Iowa, Illinois, Nebraska and Minnesota account for over 50 percent of the corn grown in the U.S. Other major growing states are Indiana, Wisconsin, South Dakota, Michigan, Missouri, Kansas, Ohio and Kentucky. This area is known as the "Corn Belt."	
THURSDAY	There are more than 3,500 different uses for corn products and more uses are being found each day. Many of the new products, like paints, are more environmentally friendly than their petroleum counterparts.	
FRIDAY	Unlike sweet corn, dent corn has a hard outer portion about the thickness of your fingernail. The inner portion of the corn kernel is soft and floury. Dent corn is used to make starches, oils, livestock feed, ethanol fuel and many other products like crayons, paints and paper. Dent corn also is used to make corn syrup sweeteners and other ingredients that appear in all kinds of foods from soft drinks to baked goods.	

Cornmeal Pancakes

- 1 cup Boiling Water
- 3/4 cup Cornmeal, fine ground, whole grain
- 1-1/4 cups Buttermilk
- 2 Eggs
- 1 cup sifted white flour
- 1 Tb baking powder
- 1 tsp sea salt
- 1/4 tsp baking soda
- 1/4 cup Vegetable Oil

Pour water over cornmeal, stir until thick. Add milk; beat in eggs. Sift flour, baking powder, salt and baking soda. Add to cornmeal mixture. Stir in oil. Cook on hot, ungreased griddle. Yield: about 14 pancakes.



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Nutritional Information per Pancake: Calories 102, Fat 4 g, Cholesterol 1 mg, Sodium 329 mg, Carbohydrates 13 g, Fiber 1 g, Protein 3 g

Daily Nutrition Tips!



MONDAY	Dry milling is the process in which corn is separated into flour, corn meal, grits and other products by soaking corn kernels in water, then removing the germ for processing into oil. The remaining parts of the kernel are ground and sieved into various fractions.
TUESDAY	Corn is used to produce fuel alcohol. Fuel alcohol makes gasoline burn cleaner, reducing air pollution, and it doesn't pollute the water. 
WEDNESDAY	One bushel of corn will sweeten more than 400 cans of Coca-Cola. Speaking of soft drinks, corn is the #1 sweetener in most soft drinks. 
THURSDAY	Corn leaves contain large amounts of sugar and were used as "chewing gum" by the Indians. They also made popcorn by roasting dry kernels in a fire. Corn was also ground to make flour, soup and pudding.
FRIDAY	Many people believe the acres of corn they see in the Midwest during growing season could be picked and eaten for dinner, or dried and popped. In fact, those acres are typically field corn, which is used largely for livestock feed, and differs from both sweet corn and popcorn.
MONDAY	More than 35 million pounds of candy corn will be produced this year. That equates to nearly 9 billion pieces— enough to circle the moon nearly four times if laid end-to-end. 
TUESDAY	There are six different types of corn— sweet, dent, flint, pod, flour and popcorn. Popcorn is the only one that pops. Corn-on-the-cob, canned and frozen corn at the grocery store come from sweet corn.
WEDNESDAY	Most popcorn comes in two basic shapes when it's popped: snowflake and mushroom. Snowflake is used in movie theatres and ballparks because looks and pops bigger. Mushroom is used for candy confections because it doesn't crumble. 
THURSDAY	Seckel pears are usually considered the smallest of all commercially grown pears. Seckels are also very sweet and are sometimes called "sugar pears." Seckels chubby, round shape; it's small neck and very short stem make it a perfect lunchbox-size pear.
FRIDAY	Corn is one of the third most Important food crops of the world measured by production volume, behind wheat and rice. In terms of acreage planted, it is second only to wheat.

CORN WORD SCRAMBLE— unscramble the words below to discover some of the things that have corn products in them.



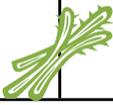
- nroc sekalf c _ _ _ f _ a _ _ _ ~ You can eat these for breakfast (best when eaten with milk).
- cei earcm _c _ _ _ _ m ~ I scream, you scream, we all scream for....
- acco oalc _o _ _ c _ _ _ ~ The best soda in the world that is bottled in Chattanooga.
- nuteap ttreub p _ _ _ u _ _ _ t _ _ r ~ Paired with jelly, it makes a delicious sandwich.
- upchket _ _ t _ _ u _ ~ Most people eat it with their french fries.
- mallmarowsh m _ _ _ _ _ a _ _ _ w ~ This makes S'mores yummy!
- golansie g _ _ o _ _ _ _ ~ Fuel for your car.
- etp odfo _e _ f _ _ _ ~ Your doggy eats it for dinner.



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Daily Nutrition Tips!



MONDAY	Thailand, Vietnam, India and the USA are the top 4 countries in the world that export rice.	
TUESDAY	Science has helped more than double world rice production from 260 to 600 million tons over the past 40 years.	
WEDNESDAY	How about a picnic? Pack your favorite sandwiches, fruits and vegetables. Don't forget a blanket to sit on while eating with your favorite pals— inside or out.	
THURSDAY	In flavor, broccolini reminds many consumers of asparagus, being sweet and tender with a hint of broccoli-like bite.	
FRIDAY	After a farmer plants rice, it takes about 105 days before he can harvest it! Imagine if you and your family actually had to wait that long before you could eat rice.	
MONDAY	Rice farming is older than the great, great grandmother of your great, great grandfather. It is about 10,000 years old.	
TUESDAY	Broccolini is high in Vitamin C, potassium, fiber, iron and Vitamin A.	
WEDNESDAY	Pick your favorite songs and dance, dance, dance for 30 minutes today as part of your goal of 60 minutes of exercise every day!	
THURSDAY	Almost half the world's population consumes rice—about 3 billion people.	
FRIDAY	Broccolini has a long, slender stem, reminiscent of asparagus, and is topped with a small flowering bud that resembles a cross between broccoli and an asparagus tip.	

RICE SHAMROCKS



- You'll need:**
- heavy white paper
 - rice
 - green food coloring
 - glue
 - paper towels
 - brushes
 - shamrock patterns



Directions: Prepare rice a day ahead of the project. Place rice in a bowl with a small amount of water to which green food coloring has been added. Let it soak until desired shade of green has been reached. Drain off the water and let the rice dry on paper towels. Trace and cut out shamrock shapes with the heavy white paper. Have the children brush glue on their shamrocks and sprinkle green rice over the glue. Just in time for St. Patrick's Day.

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Daily Nutrition Tips!



MONDAY	Try cabbage vegetable soup. Add your favorite vegetables and chopped cabbage to a boiling broth. Cook for 20 minutes and serve. Healthful and nutritious!
TUESDAY	Rice is one of the few foods in the world which is entirely non-allergenic and gluten-free. 
WEDNESDAY	Broccoli is sold with yellow flowers attached to the top and may be eaten with the rest of the vegetable. Most common cooking methods include sautéing, steaming, roasting, boiling or stir frying.
THURSDAY	Rice bran has a moist, oily inner layer which is heated to produce an oil. It is also used in making a pickled vegetable.
FRIDAY	There are over 15,000 varieties of rice. 
MONDAY	Rice cultivation is well-suited to countries and regions with low labor costs and high rainfall, as it is very labor-intensive to cultivate and requires plenty of rainfall for irrigation.
TUESDAY	If the weather is still too chilly to go outside, get cozy under lots of blankets in your favorite spot and read stories, nap and read some more. 
WEDNESDAY	Broccoli, also known as Baby Broccoli, is a cross between broccoli and Chinese kale.
THURSDAY	Broccoli harvesting is all done by hand.
FRIDAY	The rice seed we are able to buy is known as "rough" to rice farmers. At one time, the rough was enclosed by a hull or husk. During the process of milling, the hull and various bran layers or kernels are removed, and the rice is polished, giving the resulting seed a bright, white, shiny coating.

Nutrition Sudoku for Kids



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Carrot		Egg	Banana	Ice Cream	Date	Fish		Ham
Ice Cream	Grapes	Bananas	Fish		Ham	Apple	Dates	Egg
Ham		Dates	Apple	Grapes		Ice Cream		Carrot
Dates	Carrot	Ice Cream	Egg		Apple	Ham		Grapes
Fish		Ham	Ice Cream		Grapes	Banana		Apple
Apple	Banana		Ham	Fish	Carrot	Dates	Egg	
Banana	Ice Cream	Carrot	Grapes	Ham		Egg		Dates
	Ham		Dates	Egg	Banana		Ice Cream	
Egg		Fish	Carrot		Ice Cream	Grapes		Banana

Use these words to complete the puzzle:
Apple
Banana
Carrot
Dates
Egg
Fish
Grapes
Ham
Ice Cream

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A-I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Daily Nutrition Tips!



MONDAY	Rice is a good source of thiamin, niacin, phosphorus, iron, potassium and folic acid. Rice has no fat nor cholesterol and is sodium free.
TUESDAY	The carrot dates back about 5,000 years ago when the root was found to be growing in the area now known as Afghanistan.
WEDNESDAY	Many cookbooks for kids contain pictures to help illustrate the steps in recipes. With this, you can be more help with special, traditional recipes for the family.
THURSDAY	The wild rice plant looks like grass growing in water. In late summer, when its seeds mature, it looks like oats or wheat.
FRIDAY	Rice is a great source of complex carbohydrates, which is an important source of fuel our bodies need. 
MONDAY	The seeds of wild rice contain an antioxidant that some people believe might help reduce their chances of getting cancer.
TUESDAY	Purple carrots possess an entirely different class of pigments—anthocyanins—which act as powerful antioxidants.
WEDNESDAY	Red carrots derive their color mainly from lycopene, a type of carotene believed to guard against heart disease and some cancers.
THURSDAY	Yellow carrots accumulate xanthophylls, pigments similar to beta-carotene that support good eye health.
FRIDAY	The seeds of the rice plant are first milled using a rice huller to remove the chaff. At this point in the process the product is called brown rice. Further processing removes the germ and the rest of the husk (called bran), creating white rice.



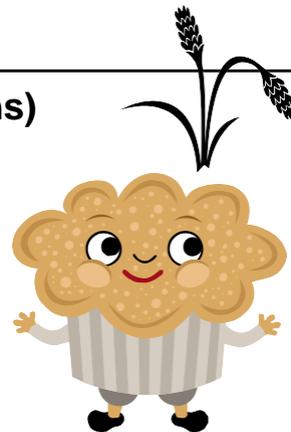
Wild Rice Muffins (makes 12 muffins)

Ingredients:

- 1 cup fat-free milk
- 4 tablespoons margarine or butter, melted
- 1 egg
- 1/2 cup wild rice, cooked, cooled
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 3 tablespoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt

Directions:

1. Mix milk, margarine, egg and rice in large bowl.
2. Add mixed flours, baking powder, sugar, salt, combining until the dry ingredients are moistened.
3. Spoon batter into 12 greased muffin cups.
4. Bake at 400 degrees F until browned, 20 to 25 minutes.
5. Remove from pans and cool on wire racks.



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Wild rice adds crunchy texture and a nutritional boost to these muffins. Try adding three-fourths of a cup of dried fruit and/or three tablespoons of chopped nuts before baking your muffins for more fiber, protein and other vitamins and minerals!

Nutritional Information per Serving: Calories: 136, Carbohydrates: 19 g, Protein: 5 g, Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 18 mg, Sodium: 494 mg.

Daily Nutrition Tips!



MONDAY	Today would be a great day to get you and your family to the zoo. What do the various animals eat?
TUESDAY	Dietary fiber is the term for several materials that make up the parts of plants your body can't digest. Fiber is classified as soluble or insoluble.
WEDNESDAY 	When eaten regularly as part of a diet low in saturated fat, trans fat and cholesterol, soluble fiber has been associated with increased diet quality and decreased risk of cardiovascular disease. Oats have the highest proportion of soluble fiber of any grain.
THURSDAY	Flax seeds can be added to cereal, yogurt, stuffing, rice and other grain dishes and greatly increases the fiber of your meal! 
FRIDAY 	Ask what you can do to help around the house today. Try helping by washing the car or trimming the hedges.
MONDAY	Watermelon, considered one of America's favorite fruits, is really a vegetable. 
TUESDAY	Aim for 25-35 g. of fiber every day. The average American consumes only 16 g. of fiber a day.
WEDNESDAY 	Foods containing fiber often are good sources of other essential nutrients. Depending on how they're prepared, these foods can also be low in trans fat, saturated fat and cholesterol.
THURSDAY	During the Civil War, the Confederate Army boiled down watermelons as a source of sugar and molasses. 
FRIDAY	Fiber is in fruits, vegetables and whole grain foods. They help to keep our digestive system working and makes you feel full longer after a meal. 

High Fiber Banana Bread—Moist and Healthful!



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- Ingredients:
- 2 cups all-purpose flour
 - 1 tsp. baking powder
 - 1/2 tsp. baking soda
 - 3 medium ripe bananas (mashed)
 - 7-8 pitted prunes (cut small)
 - 7-8 pitted dried apricots (cut small)
 - 2 Tbsp. fat free milk
 - 1 cup all-bran cereal
 - 1/3 cup softened margarine
 - 1/3 cup maple syrup
 - 2 eggs.



1. Preheat oven to 350 F.
2. In a small bowl, mix flour, baking powder and baking soda. Set aside.
3. In mixing bowl, stir together (mix well) mashed bananas, cereal, milk and dried fruit. Let mixture stand 5 minutes to soften cereal.
4. In mixing bowl, beat margarine and maple syrup. Add eggs and beat well. Stir in cereal mixture. Add flour mixture and stir until combined.
5. Spread batter into a loaf pan coated with cooking spray. Bake at 350 F for about 45-50 minutes. Let cool for 20 minutes before slicing. Makes 12 slices.



Nutrition Information per serving:
Calories 214, cholesterol 35 mg, sodium 187 mg, fat 6 g, saturated fat 1 g, protein 4 g, carbohydrates 36 g, fiber 2 g, iron 15%, calcium 4%, vitamin A 18%, vitamin C 8%.

Daily Nutrition Tips!



MONDAY	Fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease and constipation.
TUESDAY	Yellow watermelons are just as sweet as the red varieties and have an almost identical taste. They make a wonderful addition to a fruit salad or to eat by itself.
WEDNESDAY	If you wish to increase fiber in your diet, remember to do it slowly. Be sure to drink enough fluids as well. And remember, you don't have to eat fiber all in one meal. Try adding a little for breakfast, lunch and dinner. 
THURSDAY	Whole grains can be found in bread, crackers, pizza crust, rice, pasta, couscous, cold salads, cereals and many other products. Add whole grains to your family's diet at every meal!
FRIDAY	Enjoy eating a healthful and nutritious lunch by adding more fruits, vegetables and whole grains! 

WHOLE GRAINS SUDUKO!

	FLAX	SPELT	OATS	BARLEY	RICE	SORGHUM		RYE
CORN	OATS	RYE		SPELT	WHEAT	RICE	BARLEY	FLAX
RICE	BARLEY	SORGHUM	CORN	FLAX	RYE	OATS	SPELT	
FLAX	WHEAT	OATS	BARLEY	SORGHUM	CORN			SPELT
RYE	SPELT		WHEAT	RICE	FLAX	BARLEY	OATS	SORGHUM
	RICE	BARLEY		RYE	OATS	FLAX	WHEAT	CORN
OATS	SORGHUM	RICE	FLAX	WHEAT		CORN	RYE	BARLEY
SPELT		FLAX	RYE		BARLEY	WHEAT	SORGHUM	RICE
BARLEY	RYE	WHEAT	RICE	CORN	SORGHUM	SPELT		OATS

Use the following words to complete the Whole Grains Suduko Puzzle!

- Wheat
- Oats
- Corn
- Rice
- Flax
- Rye
- Barley
- Spelt
- Sorghum

WATERMELON BANANA SPLIT— Makes 4 servings!



- Ingredients:
- 2 large bananas
 - 1 pint blueberries
 - 1/2 cup crunchy nugget cereal
 - 8 scoops of watermelon
 - 1/2 cup low-fat vanilla yogurt



Directions: Using an ice cream scoop, scoop out 8 watermelon balls.

Remove seeds if desired. Peel bananas and cut in half crosswise; then, cut each piece in half lengthwise. In each serving dish, place 2 pieces of banana, 2 watermelon scoops and 1/4 of the blueberries. Top with yogurt. Sprinkle with cereal. Enjoy!

Nutritional Information per Serving:

Calories 239, cholesterol 2 mg, sodium 48 mg, fat 2 g, saturated fat 1 g, protein 5 g, carbohydrates 54 g, fiber 5 g, iron 7%, calcium 8%, vitamin A 27%, vitamin C 43%.

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Daily Nutrition Tips!



MONDAY	 If you plant a single seed from an orange you will probably get more than one plant growing from it.
TUESDAY	Research found that the children who ate oatmeal were 50% less likely to become overweight, when compared to those children not eating oatmeal.
WEDNESDAY	Some fruits and vegetables contain beta carotene, which can reduce the chance of eye disease. One carrot a day can help prevent macular degeneration, which eventually leads to blindness.
THURSDAY	 In 1873 three orange trees were brought from Brazil and planted in Riverside California. The trees started producing fruit in 1878 and today one of the original trees is still alive and producing fruit.
FRIDAY	Oats are the third leading cereal crop produced in the United States (after wheat and corn) and the fourth most important crop world-wide.
MONDAY	 A fun exercise to do with kids as a family is to toss a balloon in the air and hit it upward with both hands. Then use other parts of the body, hip, knee, foot, head, elbow to do the same.
TUESDAY	Actually a fruit, it took a ruling by the Supreme Court in 1893 to make the tomato a vegetable.
WEDNESDAY	Over half the U.S. domestic oat production is grown in South Dakota, North Dakota, Wisconsin, Minnesota and Iowa.
THURSDAY	Did you know that if a turkey looks up when it is raining it can drown. A wild turkey has excellent vision and hearing, their field of vision is about 270 degrees.
FRIDAY	Read a favorite story to your children. Have them do the actions. If the story is about animals, they can pretend to be the animals. Be creative and have fun.

FRUIT WORD SEARCH

Find the words that have been hidden in the grid, then read the name of a piece of fruit that is related to the orange.

S T R A W B E R R Y
 G T N O M E L C Y C
 R O E C H E R R Y O
 A C P M G M R A B C
 O I E R I E E N A O
 R R A R B L H B N N
 A P A E U O C E A U
 E A U N F N A R N T
 P L U M G R E R A U
 B A P P L E P Y I T

- Apple
- Cranberry
- Peach
- Apricot
- Grape
- Pear
- Banana
- Lemon
- Plum
- Blueberry
- Lime
- Prune
- Cherry
- Melon
- Strawberry
- Coconut
- Orange



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Daily Nutrition Tips!



<p>MONDAY</p> 	<p>If there is snow in the area, a great outdoor activity to do is go outside and make a snowman together. Remember the hat, a scarf, buttons, carrot and sticks. Afterwards go inside for hot chocolate together.</p>	
<p>TUESDAY</p>	<p>Oats, like other cereal grains, are valued primarily as a source of carbohydrates to provide calories for energy needs.</p>	
<p>WEDNESDAY</p>	<p>Curly Endives outer leaves are deep green and have a slightly bitter taste. The center leaves are yellow and milder tasting. Used as a cooking green and raw salad.</p>	
<p>THURSDAY</p> 	<p>Be adventurous! When your children see or ask about a new fruit or vegetable they have never seen or heard of before, pick one up to try. They may find their new favorite fruit or vegetable.</p>	
<p>FRIDAY</p> 	<p>Children can learn social skills such as how to work together, through activity. Play "show me". Show how you look when you are happy, tired, hungry, full, angry and sad. A fun activity to do together.</p>	
<p>MONDAY</p>	<p>Oat consumption by humans dates back to 400 BC where it was described as a bulk former, a healing agent, and a desiccant when applied to the skin.</p>	
<p>TUESDAY</p>	<p>A fun family project would be making a gingerbread house together. You can bake the house using molds or buy a kit from a store. Children love to decorate and this could become a yearly project for the family together.</p>	
<p>WEDNESDAY</p>	<p>Curly Endives is available year round and is fat and cholesterol free. It is low in calories and high in folate.</p>	
<p>THURSDAY</p> 	<p>Fruits and vegetables that are in season are at the peak of freshness, favor and affordability. If you don't know ask the produce manager for help.</p>	
<p>FRIDAY</p>	<p>Oatmeal is in a wide variety of food products, including, cookies, breakfast cereals, breads and muffins, crackers and snacks and meat extenders.</p>	



CURLY ENDIVE SALAD (yield 1 serving)

- 1 head curly endive
- 2 scallions
- 1 tsp. dry mustard
- 1 tsp. beef bouillon
- 1/4 c. cider vinegar
- 1/4 c. water



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Wash endive thoroughly and chop in 1-inch long pieces. Chop scallions including greens. Combine lettuce and scallions in bowl. Combine remaining ingredients in glass measure. Microwave on high 2 minutes. Stir. Pour over greens and stir. Serve immediately.

Nutritional Information per Serving: Calories 54, Fat 0 g, Cholesterol 1 g, Sodium 835 mg, Carbohydrates 6 g, Fiber 3 g, Protein 3 g



Daily Nutrition Tips!



MONDAY	Focus on Fruits, eat them at meals and at snack time, too. Choose fresh, frozen, canned or dried and go easy on the fruit juice.	
TUESDAY	Wheat is grown on more land area worldwide than any other crop and is a close third to rice and corn in total wheat production. In 2004, world wheat production was approximately 624 million tons.	
WEDNESDAY	During the early summer, wheat plants begin to fade from dark green to tan and then to a golden brown then the wheat is ripe and nearly ready for harvest. Now the wheat producer must race with the weather to get the wheat out.	
THURSDAY	Always keep an upbeat point of view about exercise. Realize that it is a part of life and it is very important not only for your health, but for the health of your entire family.	
FRIDAY	Take the family and go to an orchard and pick your own apples and make home-made apple pie together.	
MONDAY	Eating a diet rich in vegetables and fruit as part of an overall healthy diet may reduce your risk for stroke, coronary heart disease, type 2 diabetes, certain cancers (such as mouth and stomach) kidney stones and bone lose.	
TUESDAY	China is the leading producer of apples with over 1.2 billion bushels grown in 2001. The U.S. is number 2 and then Turkey, Poland and Italy.	
WEDNESDAY	Kids enjoy helping in the kitchen. Children can help shop for, clean, peel, or cut up vegetables. They will eat foods they help prepare.	
THURSDAY	An acre will produce enough wheat for about 2,500 loaves of wheat bread.	
FRIDAY	The Pink Lady is an exciting new bi-colored apple that originated in Australia. It is a cross of Golden Delicious and Lady Williams which was bred in 1973 by the Agriculture Department of Western Australia.	



Whole Wheat Muffins (yields one dozen)

- 2 c. whole wheat flour
- 1/2 tsp. salt
- 3 tsp. baking powder
- 2 beaten eggs
- 1 c. milk
- 3 Tbsp. brown sugar
- 2 Tbsp. melted butter or margarine.



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Stir together the dry ingredients. In a separate bowl, stir together the liquid ingredients. Combine both sets of ingredients, mixing only until the dry ingredients are moist. Bake in greased or papered muffin tins for 20 minutes at 375 degrees.

Nutritional Information per Serving: Calories 128, Fat 9 g, Cholesterol 25 g, Sodium 151 mg, Carbohydrates 10 g, Fiber 1 g, Protein 3 g



Daily Nutrition Tips!



MONDAY	Cut fruit into fun shapes like melon balls, cantaloupe smiles. Spread apples and pears with peanut butter for snacks. Peel and freeze a banana on a stick.	
TUESDAY	Make fruit your dessert. If you still need that scoop of ice cream, make it a banana split or try adding fruit to your other favorite desserts (like pudding)!	
WEDNESDAY	Unlike most other crops, hard red winter wheat is planted in the fall and harvested in the spring.	
THURSDAY	A child who is active will have stronger muscles and bones, a leaner body, because exercise helps control body fat and gives a great outlook on life.	
FRIDAY	Some varieties of wheat grow as tall as seven feet, but most are only between two and four feet tall.	
MONDAY	Allow children to plant and harvest some fruit and vegetables. They like to watch plants grow and usually will eat foods they have planted.	
TUESDAY	One family of four can live 10 years off the bread produced by one acre of wheat.	
WEDNESDAY	It takes about 95% of your diet and 5% of exercise to transform yourself physically.	
THURSDAY	Pink Lady apples have a beautiful pink blush and a refreshing and sweet, champagne-like taste making them the perfect summer apple. They are also great to use in summer recipes, thanks to their natural sweetness.	
FRIDAY	To keep meals and snacks interesting, vary your veggie choices. Favor the dark or vividly colored vegetables, especially the deep green and orange ones, enjoy the lighter colored vegetables for variety to your diet.	

Apple Fritters (yield 4 servings)

- Canola Oil
- 2 cups all-purpose biscuit mix
- 2 teaspoons sugar
- 1/2 teaspoon cinnamon
- 1 Pink Lady apple and cored and chopped
- 3/4 cup skim milk
- Sugar, cinnamon-sugar or confectioner's sugar

Heat oil in electric fryer for 10 minutes or heat 3 inches of oil in deep saucepan to 375 degree.

Meanwhile, in medium mixing bowl stir together biscuit mix, sugar and cinnamon. Stir in apple. Add milk and stir just until moistened.

Drop by rounded tablespoonfuls, about 3 or 4 at a time, into hot oil turning once, until deep golden brown, about 3 to 5 minutes.

Lift out with slotted spoon and drain on paper towels. Sprinkle with your choice of sugar while warm.



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Nutritional Information per Serving: Calories 344, Fat 9 g, Cholesterol 2 g, Sodium 748 mg, Carbohydrates 60 g, Fiber 2 g, Protein 6 g



Daily Nutrition Tips!



MONDAY	A great exercise that the whole family can do is to go on a nature walk and collect colorful leaves, you might also rake the leaves and play in them.
TUESDAY	Oats, like other cereal grains, are valued primarily as a source of carbohydrates which provide calories for energy needs.
WEDNESDAY	When families eat together they enjoy each other, find out what everyone's done that day and children also learn table manners and pick up family values. They also can enjoy a healthful variety of foods together.
THURSDAY	A favorite veggie is a tomato. Low fat, saturated fat free, very low sodium, cholesterol free. High in vitamin A and C. Good source of Potassium.
FRIDAY	Oats have a higher concentration of well-balanced protein than other cereals. Oats contain phytochemicals (plant chemicals) which have been associated with protection from chronic diseases such as cancer.
MONDAY	Mandarin oranges of all kinds are primarily eaten out-of-hand, or the sections are utilized in fruit salads, gelatins, puddings or on cakes. Very small types are canned in syrup.
TUESDAY	A good snack before dinner could be, 1/4 c. peanuts, 1/2 c. milk, 1 cheese stick, 1/4 c. cottage cheese, or 2 slices of lean lunch meat.
WEDNESDAY	Eighty percent of U.S. households have oatmeal in their cupboards.
THURSDAY	Research has discovered that the antioxidants found in oats reduce cholesterol by reducing the ability of blood cells to stick to the inside of artery walls. So eat a cup of oats a day and you will be okay.
FRIDAY	The mandarin orange is considered a native of south-eastern Asia and the Philippines. It is most abundantly grown in Japan, China, India and the East Indies, and is esteemed for home consumption in Australia.



MANDARIN ORANGE SALAD

- 3 to 4 c. salad greens broken (leaf, Bibb lettuce, spinach, spring greens)
- 1/4 c. sliced onions
- 1 (11 oz.) can mandarin oranges, drained
- 1/4 c. slivered almonds, toasted in butter
- 1/4 c. canola oil
- 2 tbsp. vinegar
- 2 tbsp sugar
- 1/2 tsp salt
- 1/4 tsp pepper



Make the dressing with the oil, vinegar, sugar, salt and pepper. Chill in refrigerator for 2 hours before tossing with the salad ingredients.

Combine the greens, onions, mandarin oranges and almonds.



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Nutritional Information per Serving: Calories 259, Fat 18 g, Cholesterol 0 g, Sodium 305 mg, Carbohydrates 23 g, Fiber 3 g, Protein 3 g



Daily Nutrition Tips!

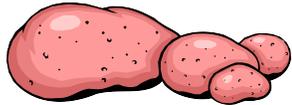


MONDAY	Choose whole-grain foods, such as whole wheat bread, oatmeal, brown rice, and low fat popcorn, more often.
TUESDAY	One bushel of wheat contains approximately 1 million individual kernels. A modern combine can harvest 1,000 bushels of wheat per hour.
WEDNESDAY	Fingerling Potatoes are used for roasting, boiling, baking and salads.
THURSDAY	Wheat is grown in 42 states in the United States. One bushel of wheat yields enough flour for 73 one-pound loaves of white bread.
FRIDAY	One 60 pound bushel of wheat provides about 42 pounds of flour. Wheat is not native to the United States and was not even grown by the colonists.
MONDAY	Wheat was first planted in the United States in 1777 as a hobby crop.
TUESDAY	The wheat kernel, sometimes called the wheat berry, is the seed from which the wheat plant grows.
WEDNESDAY	More foods are made with wheat than from any other cereal grain. Assuming a sandwich was eaten for breakfast, lunch and dinner, it would take 168 days to eat the amount of bread produced from one bushel of wheat.
THURSDAY	There is approximately 5 cents worth of wheat in each loaf of bread sold. A family of four could live 10 years off the bread produced by one acre of wheat.
FRIDAY	Set aside time each day for physical activity, such as timed-walk, jog, skate cycle, or swim. Adults need 30 minutes of physical activity most days of the week, children 60 minutes every day or most days.



Sweet Fingerling Mash (yields 6 servings)

- 1 lb fingerling potatoes washed and quartered
- 1 lb sweet potatoes peeled and cut into 1 inch dice
- 1/2 cup milk
- 1/4 cup butter
- 3 Tablespoons maple syrup
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon nutmeg



1. Boil fingerling and sweet potatoes together until tender, approximately 12-15 minutes. Drain and place in large mixing bowl. Set aside.
2. In a small saucepan over medium heat, melt butter and add milk to warm. Do not bring to a boil.
3. Pour mixture over potatoes. Add maple syrup, salt, pepper, nutmeg and whip until smooth.
4. Serve immediately.

Nutritional Information per Serving: Calories 225, Fat 8 g, Cholesterol 21 g, Sodium 209 mg, Carbohydrates 36 g, Fiber 4 g, Protein 3 g

Created and supplied by
Omaha Public
Schools Nutrition
Services division



Fruit and Veggies with Art and Music

Activity	What You Need	What You Do
Fruit and Veggie Placemats	<ul style="list-style-type: none"> • Blank paper placemats or paper cut to placemat size • Sponges cut into various fruit and veggie shapes • Paint • Laminating machine (optional) 	Have children create a placemat for themselves or a family member with sponges and paint. Let paint dry and laminate (if desired) for longer use.
Design-A-Meal Plates	<ul style="list-style-type: none"> • White paper plates • Pictures of foods from magazines or other sources • Glue 	Have children design a meal on their plate. See how many fruits and veggies they can find to fit into their meal.
Fruit and Veggie Stamps	<ul style="list-style-type: none"> • Fruit and veggie stamps • Non-toxic stamp pads • Paper 	Allow children to create designs with stamps for an art project. Stamp kids' hands whenever they taste a new fruit or veggie item.
Fruit and Veggie Collage	<ul style="list-style-type: none"> • Old magazines, seed catalogs or garden catalogs • Paper • Scissors • Glue 	Cut out pictures of fruits and veggies. Make a collage.
Fruit and Veggie Rainbow	<ul style="list-style-type: none"> • Old magazines, seed catalogs or gardening catalogs • Paper • Glue • Scissors 	Find pictures of all yellow, green, red, orange, blue, purple and white fruits and veggies. Make a rainbow with all the colors found in the fruits and veggies.
Fruit and Veggie Mobile	<ul style="list-style-type: none"> • Cut-out pictures of fruits and veggies that children have drawn • String or yarn • Plastic hangers or wooden dowels • Glue 	Cut various lengths of string or yarn. Glue the cut out pictures at the end of each string. Tie the other end of the string to the hanger or wooden dowel.



Fruit and Veggie Cooking and Tasting

Activity	What You Need	What You Do
Fruit and Veggie Meal Planning	<ul style="list-style-type: none"> • Pictures of fruits and veggies • Food models • Plastic or paper plates and cups 	Encourage children to plan meals that include fruits and veggies.
Make Ants on a Log	<ul style="list-style-type: none"> • Celery • Peanut butter • Raisins • Plastic knives for children to spread peanut butter 	Stuff celery with peanut butter and dot with raisins. Have an adult scoop the peanut butter out onto wax paper to keep children's hands out of the jar.
Make Citrus Juice	<ul style="list-style-type: none"> • Citrus fruit of choice (lemons, limes, oranges, grapefruits) • Fruit juicer • Knife for teacher's use 	Squeeze citrus fruits. Look at seeds, drink the juice and talk about the taste. Each child must prepare his/her own.
Friendship Salad	<ul style="list-style-type: none"> • Each child brings in a piece of fruit • Knife for teacher's use • Large bowl • Small paper bowls • Spoons 	Discuss the fruits, cut in pieces and put together to make a Friendship Salad.
Banana Crunch	<ul style="list-style-type: none"> • Bananas • Orange juice • Granola or crunchy cereal • Knife for teachers use • Individual bowl • Paper plates 	Cut bananas in slices. Dip in orange juice and granola or cereal. Eat and enjoy. Be sure each child eats only his/her own creation.
Stuffed Cherry Tomatoes	<ul style="list-style-type: none"> • Cherry tomatoes • Small scoop or spoon • Stuffing of choice - cottage cheese, egg salad, yogurt dip, salad dressing • Plastic spoons and paper plates 	Teacher scoops out hole in well-washed tomatoes. Each child puts in the stuffing.
Fruit Smoothies	<ul style="list-style-type: none"> • Fresh, frozen or canned fruit of choice. • Vanilla yogurt • Apple juice • Blender • Cups 	Mix all ingredients in a blender. Pour into small paper cups for tasting.
Compare Textures	<ul style="list-style-type: none"> • Raw, diced carrots • Cooked, diced carrots • Paper plates 	Present the two textures of carrots for the children to explore, touch and taste. Talk about how the same food can be prepared in different ways. Ask the children to volunteer other ways they might eat carrots.



Fruit and Veggie Taste Testing

Often just one taste is enough to encourage someone to be a lifetime consumer of a fruit or veggie. Taste tests in classrooms or school cafeterias can be a simple way to introduce students and staff to new fruits and veggies. If you plan to hold a taste testing of new fruits and veggies, **please send a note home with students the week before a taste test is planned to avoid potential problems for children with allergies.**

Key Elements

- ◆ Capture the attention of students, teachers and staff
- ◆ Use colorful signs and have the servers wear colorful aprons
- ◆ Use simple messages - see below for quick themes and suggested activities
- ◆ Choose a location where students and staff can easily stop, sample and talk to the servers
- ◆ Give something to take home (recipes, tip cards or fruit and veggie promotional items)

Tips

- ◆ Consider the time of day/week/year when planning - offer seasonal produce
- ◆ Arrange the taste test during a time that fits best in the school day
- ◆ Decide on a memorable message and communicate it to every taster
- ◆ Show students and staff something new and different
- ◆ Tie it into a promotion in the cafeteria (such as a fruit or veggie of the week)
- ◆ Use the chart on the back to capture students' opinions

Supplies: serving dishes and utensils, napkins and toothpicks

Common Sense

- ◆ If experimenting with exotic fruits and veggies, always sample them yourself first
- ◆ Never leave the samples unattended
- ◆ Have individual servings so that tasters don't "double dip"
- ◆ Serve the food yourself; don't let tasters help themselves
- ◆ Be careful with electricity and cords
- ◆ Maintain cleanliness and proper sanitation

Quick and simple messages to encourage tasting

Message	Suggested Activity
Try a new fruit or veggie in your salad	Sample a variety of new and different salad ingredients with low-fat dressings
Enjoy a healthy snack of fruits or veggies	Sample cut veggies with low-fat dip or dressing, exotic fruits: kiwi, mango, papaya and star fruit
When you want something sweet for dessert, try fruit - it's naturally sweet	Sample a variety of fresh cut fruits, create a mixed fruit cup

Fruit and Veggie Taste Testing

Name _____

Date _____

Fruit or veggie to taste	I tasted it	What did I think of it	I will not taste it now



Fruit and Veggie Challenge

The *Fruit and Veggie Challenge* is an activity that encourages participants to eat more fruits and veggies each day. This activity could be done on many different levels, either as a challenge for one classroom at a time or as a competition (between classrooms, grades or even entire schools!). Don't forget to include parents, faculty and staff. The steps below would help organize a challenge for the entire school. Steps could be easily modified for fewer participants, such as a classroom-only activity.

Two months ahead

- ◆ Get the endorsement of the principal and administration.
- ◆ Designate a *Fruit and Veggie Challenge* coordinator.
- ◆ Develop a team: teachers, school nurse, foodservice director and staff, parents/PTA, community agencies (Cooperative Extension, local hospitals, health department staff). Include all school departments, especially physical education, the library/media center, music and art teachers.
- ◆ Brainstorm for ideas that focus on fruits and veggies.
- ◆ Schedule the event.
- ◆ Solicit participation from parents and community health organizations, such as the American Cancer Society, American Heart Association, YMCA or local hospitals.
- ◆ Arrange for prizes. Many local businesses are willing to donate prizes.
- ◆ Gather recipes, educational resources and other materials.

One month ahead

- ◆ Promote the challenge with posters and flyers distributed to parents, faculty and staff.
- ◆ Work with teachers to encourage students to create slogans.
- ◆ Elicit parent participation by inviting parents for a school lunch that features new fruits and veggies.

The week of the Challenge

- ◆ Provide students and staff with a copy of the *Fruit and Veggie Challenge* chart.
- ◆ Have students perform fruit and veggie-related songs during an assembly.
- ◆ Demonstrate ways to prepare fruits and vegetables that are easy and tasty.
- ◆ Set up a taste-test and/or other fruit and veggie activity in the cafeteria.
- ◆ Decorate the hallways with posters of fruits and vegetables.
- ◆ Guide the students through the *Fruit and Veggie Challenge* chart each day.
- ◆ Remind them to complete the form each night with their family.

After the Challenge

- ◆ Tally the results and recognize students' efforts.
- ◆ Give a certificate to each student/adult who participated. Consider recognizing the student/class/ grade/school that ate the most fruits and veggies or that did the most minutes of physical activity or that tried the most new fruits and veggies.

Fruit and Veggie Challenge

Name _____

Classroom _____

Daily Number of Fruit and Veggie Servings

	Breakfast	Lunch	Snacks	Dinner	Total
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

- ◆ Aim for 5-9 servings of fruits and veggies every day. That equals 2½ cups of veggies and 1½ cups of fruit.
- ◆ You can eat fresh, frozen, canned or dried fruits and veggies.
- ◆ Pick lots of different colors of fruits and veggies - red, green, yellow, orange, blue, purple and white.
- ◆ Here are some ideas about what counts as a serving of fruits and veggies.



1 medium-sized piece of fruit (e.g. banana, apple, orange, pear)



1 cup raw, leafy veggies (e.g. lettuce, spinach) or salad



1/2 cup cut-up fresh fruit or canned fruit, canned in its own juices



1/2 cup cooked or canned veggies



3/4 cup (6 fluid ounces) 100% fruit juice



3/4 cup (6 fluid ounces) 100% veggie juice



1/4 cup dried fruit (e.g. raisins, dried apricots, prunes)



1/2 cup cooked or canned beans, peas or lentils



Fruit and Veggie Field Trip

Visiting a farmers' market or county agricultural fair can be a fun way to get kids interested in fruits and veggies. This handout will help you to plan a field trip. Contact your local Cooperative Extension agency for information about fairs and markets or visit www.agr.state.nc.us/markets for links to information about farmers' markets in your area.

Before your visit

- ◆ Contact the director of a local farmers' market or county fair to find out the best times for a visit.
- ◆ Find out which farmers will be present with which fruits and veggies for sale or on display.
- ◆ Ask for a map or diagram of the market or fair.
- ◆ Have the director alert the farmers of your field trip.
- ◆ Arrange for plenty of chaperones (parents).
- ◆ Gather supplies for your trip: pens or pencils, crayons or colored pencils; and paper.

Pre-visit preparation ideas

- ◆ Discuss and make charts related to these questions:
 - What do we already know about specific fruits and veggies at the market?
 - What do we predict we'll see at the market or fair?
 - What do we wonder about farmers, farmers' markets and agricultural fairs?
- ◆ Brainstorm a list of questions that might be asked at the market or fair. In order to help the children think of the questions, give them categories and record their ideas under the separate headings. Examples include jobs, people, machines, fruits, veggies and seasons; or who, what, when, where and why?

Pre-visit guest ideas

- ◆ Invite a local farmer or local extension agent to speak to your class on crops in your immediate area.
- ◆ Have the class interview your guest speaker or host. Have students write their questions in advance as a writing assignment. Sample questions could be:
 - How did he/she start farming?
 - Why is he/she growing/raising that particular commodity(s)?
 - How much land do they have under production?
 - What machines does he/she use?
 - How do they sell their product?
 - How do they determine price?
 - What factors determine price?
- ◆ After the interview, have them write articles on it as a newspaper reporter would.

At the farmers' market or fair

- ◆ Set up a scavenger hunt on paper based on the map/diagram that you received.
- ◆ List items students need to find (animals, crops, commodities) in each area or exhibit.
- ◆ Have them list how much the biggest watermelon/pumpkin weighed.
- ◆ Have students find out where the fruits or veggies on display were grown.
- ◆ Have students make drawings of the grounds and displays.

After your visit

- ◆ Compare pre-visit predictions with on-location discoveries.
- ◆ Locate where displayed fruits and veggies were grown on a North Carolina map.
- ◆ Discuss nutrients found in the fruits and veggies seen at the market.
- ◆ Categorize where items are grown by region.
- ◆ Give reasons why these fruits and veggies are grown in these regions.
- ◆ Compare characteristics of regions (soil type, climate).
- ◆ Make a Jeopardy-type game with the information everyone has gathered.
- ◆ Make up a quiz to give parents, another class or the chaperones.
- ◆ Have a parents' night for taste testing fruits and veggies sold at the market/fair.
- ◆ Make a mural of the market or fair based on sketches.
- ◆ Make a diagram of a fruit or veggie finding its way from a farm to a lunch box.
- ◆ Have students write reports, articles or stories about the trip and their discoveries.
- ◆ Have students write thank you notes to the director and any guest speakers.

Source: www.ncagr.com/kids.htm



Field Trip to a Farm

Consider a class trip to a farm. Children will get the opportunity to see where fruits and veggies are raised for distribution and sale. The following tips will help your tour go smoothly and will stretch the value of the time you spend "in the field."

Before your visit

- ◆ Call the farm to make a reservation. Ask if there is a fee and how long the tour lasts.
- ◆ Request teaching materials they may have to aid in preparation.
- ◆ If possible, go to the farm on your own before you bring the whole class. Introduce yourself, pick up relevant information and try to watch another class having the tour.
- ◆ Begin your farm unit one week ahead and plan to continue at least one week after the visit.
- ◆ Prepare your class for inclement weather and field conditions.
- ◆ Don't forget bee kits if you have students who are allergic.
- ◆ Inquire about places to eat lunch or snacks.
- ◆ Gather supplies for your trip: pens or pencils, crayons or colored pencils; and paper.

Pre-visit preparation ideas

- ◆ Discuss and make charts related to these questions:
 - What do we already know about the specific fruits and veggies being grown?
 - What do we predict we'll see at the farm?
 - What do we wonder about farmers, farms, and fruits and veggies?
- ◆ Brainstorm a list of questions that might be asked at the farm. In order to help the children think of the questions, give them categories and record their ideas under the separate headings. Examples include jobs, people, machines, fruits, veggies and seasons; or who, what, when, where and why?

Pre-visit guest ideas

- ◆ Invite a local farmer or local extension agent to speak to your class about crops in your area.
- ◆ Have the class interview your guest speaker or host. Have students write their questions in advance as a writing assignment. Sample questions could be:
 - How did he/she start farming?
 - Why is he/she growing that particular commodity(s)?
 - How much land do they have under production?
 - What machines does he/she use?
 - How do they sell their product?
 - How do they determine price?
 - What factors determine price?
 - After the interview, have them write articles on it as a newspaper reporter would.

At the farm

- ◆ Find the tour guides and let them know how you have prepared the students.
- ◆ The tour may include some of the following:
 - A walk or ride in the fields.
 - An explanation of the growing process.
 - Viewing (if possible) of the harvest, handling and storage techniques.
 - A chance for students to pick their own fruit or veggie (supervised).
 - Viewing of processing the harvest into another commodity (like apples into cider).
 - A visit to the farm store and discussion of the market.
- ◆ Have students make drawings of the farm.

Please remember

- ◆ A farm is a busy place! While your hosts have made a commitment to teaching children about farming, this is not their primary job. Please be active in the control of your class and careful of equipment and workers who are rushing to get the crop harvested and stored. To assure your safety and quality of experience, your hosts have planned a route and presentation within this busy context. There may be other schools or classes nearby who are in a different part of the tour. Please help your students to experience the beauty of the farm and to recognize that it is not a playground.

After your visit

- ◆ Compare pre-visit predictions with on-location discoveries.
- ◆ Discuss nutrients found in the fruits and veggies grown on the farm.
- ◆ Make a Jeopardy-type game with the information everyone has gathered.
- ◆ Make up a quiz to give parents, another class or the chaperones.
- ◆ Have a parents' night for taste testing fruits and veggies grown on the farm.
- ◆ Make a mural of the farm based on sketches.
- ◆ Make a maze using a tractor going through the fields.
- ◆ Make a diagram of a fruit or veggie finding its way from a farm to a lunch box.
- ◆ Have students write reports, articles or stories about the trip and their discoveries.
- ◆ Have students write thank you letters to the farm.



School Gardens

School gardens are effective learning tools that create opportunities for our children to discover fresh food, make healthier food choices and become better nourished. Gardens also offer dynamic, beautiful settings in which to integrate every discipline, including science, math, reading, environmental studies, nutrition and health. There are many types of plants that can be grown in a garden including those that produce edible fruits and veggies. The following tips will help you get started with your own project.

Organize a Garden Committee and Support Base

- ◆ Include administration, teachers, parents and students in the planning process.
- ◆ Get permission before planning to plant a garden on school property.
- ◆ Define specific talents and expertise of each member of the committee and support group. List specific needs/wants and have individuals commit to those areas.
- ◆ Establish a projects list, realistic timeline for completion of tasks and specific objectives for students in the garden. Visit successful school gardens to get ideas and ask questions.
- ◆ Enlist the expertise of your county's Cooperative Extension Service or a Master Gardener Program.

Select a Garden Site

- ◆ A good site is easily accessible, receives direct sunlight for 6 to 7 hours daily, is clear of trees and roots and has good water drainage.
- ◆ Check for the proximity of the water source.
- ◆ Call local utilities and the school district for existence and location of underground utilities.

Design Your Garden

- ◆ Start small to develop a general feel for the garden. Things to consider include: individual class beds, theme gardens, a tool shed, a greenhouse and fencing.
- ◆ Sketch out a plan for the entire area including: beds for annual crops of veggies and flowers; theme gardens for butterfly and larval plants; medicinal and culinary herbs; teas; edible flowers; an orchard area; and permanent areas to include native plants and berry patches (habitats for birds, insects, snakes and frogs).
- ◆ Be sure to include composting and worm bins, a tool shed, benches and a shaded outdoor classroom. If necessary, divide the project into phases as funds and energy permit.
- ◆ Make sure paths are wheelchair accessible - 36" wide.

Determine Cost of Labor and Materials

- ◆ Organic planting mix for raised planters. Multiply bed length times width times depth in feet and divide by 27 to get number of cubic yards of soil needed.
- ◆ Soil amendments for in-ground planting. Add 4 to 6 inches of compost to well-dug soil and mix with existing soil.
- ◆ Hardware cloth (¼ inch wire mesh) to line raised beds where moles are a problem.
- ◆ Wood chips or other materials for garden paths. Most tree companies are glad to donate chips.
- ◆ Irrigation components and controllers. You can use simple, non-electrical timers, or battery operated controllers, costing \$20-\$30 and \$40-\$50, respectively.
- ◆ Seeds and plants.
- ◆ Suggested Tool List (minimum): small trowels - one per student; watering cans; 3-4 shovels; 3-4 turning forks; wheelbarrow; small buckets; 1-2 hoes; 1-2 rakes; plant labels are a good art project; hoses and gentle spray nozzles.

Fundraising

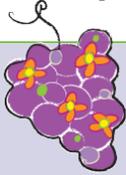
- ◆ Determine start-up and maintenance costs, and what funds are immediately available. Is there a system established with the school regarding accounting?
- ◆ Determine who will keep track of the budget.
- ◆ Make a list of needed items and a list of possible local resources - PTA, parents, local vendors.
- ◆ Obtain a list of grant proposals; determine who will research, write and facilitate the grant.

Garden

- ◆ Schedule and publicize community work days; follow up with a phone tree.
- ◆ Have students make posters to put around school with work dates.
- ◆ For building projects, identify an experienced carpenter or builder in the group to organize workers.
- ◆ Identify those with plumbing, electrical and irrigation knowledge and skills. Ask volunteers to bring needed tools, including saws, hammers, post hole diggers, wheelbarrows, shovels, spades, pickaxes, digging bars and spading forks (depending on tasks being done).
- ◆ Remove any unwanted current vegetation from the garden site. Move native plants or current landscaping to another appropriate site on school grounds. *DO NOT USE HERBICIDES* of any kind to kill weeds. They are toxic not only to weeds, but also to our watersheds and our children!
- ◆ If mole/vole control is needed, install ¼" hardware cloth 12 inches deep for in-ground planting or use raised planters with ¼" hardware cloth on bottom. If planting directly in the ground, turn over soil to a depth of 18", adding 4" to 6" of soil amendments as needed (based on soil type). If constructing raised planters, fill with organic planting mix.
- ◆ Install drip irrigation system and controller. Spread wood chips or other material on garden paths.
- ◆ Build fence and gate; install sign.
- ◆ Contact your local Cooperative Extension agency for advice on appropriate plants, planting schedules, seeds and seedling sources.
- ◆ Have students start planting. Make sure that the students are involved in each step of the process whenever possible!
- ◆ MOST IMPORTANT - Have Fun!

Eat a Rainbow Every Day

Keep track of the colors you eat each day!

	Blue & Purple 	Green 	White & Brown 	Yellow & Orange 	Red 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Eat a Rainbow Every Day

Did you know that different color fruits and vegetables have different vitamins and minerals that help keep you healthy? That's why eating lots of different colors is so important. Remember, eat a rainbow every day!

Blue & Purple	Green	White & Brown	Yellow & Orange	Red
Blackberries	Asparagus	Bananas	Apricots	Apples
Black Currents	Avocados	Beans	Butternut Squash	Beets
Blueberries	Broccoli Brussels	Brown Pears	Cantaloupe	Cherries
Dried Plums (Prunes)	Sprouts Celery	Cauliflower	Carrots	Cranberries
Eggplant	Cucumbers	Dates	Corn	Radishes
Purple Figs	Edamame	Garlic	Mangoes	Raspberries
Plums	Green Beans	Ginger	Nectarines	Red Beans
Purple Grapes	Green Cabbage	Jicama	Oranges	Red Cabbage
Purple Peppers	Green Grapes	Lentils	Papayas	Red Grapes
Purple Potatoes	Green Pears	Mushrooms	Peaches	Red Pears
	Green Pepper	Onions	Yellow Pears	Red Peppers
	Kiwifruit	Parsnips	Pineapple	Red Potatoes
	Lettuce	White Potatoes	Sweet Potatoes/Yams	Rhubarb
	Peas	Raisins	Tangerines	Strawberries
	Spinach	Turnips	Yellow Peppers	Tomatoes
	Zucchini	White Nectarines	Grapefruit	Watermelon

Fresh, Frozen, Canned, Dried, and 100% Juice ALL COUNT!

Tips for Parents

- Most children need to be offered (and see their parents eating) a new food over and over again (up to a dozen times) before it becomes familiar.
- New foods are best served first while children are still hungry.
- Encourage "a taste" and let your child decide if they want more.
- Don't reward or punish based on what kids eat or don't eat.
- A reasonable portion for most kids is about the size of their own fist.
- Strive for 5 fist-sized portions a day—the more colorful the better!
- See www.mypyramid.gov for more ideas on feeding preschoolers.

Eat a Rainbow Ideas

Breakfast

- Add raisins, bananas, or berries to your cereal.
- Easy smoothie: mix fruit juice, sliced banana, and some berries.
- Grab a glass of 100% fruit juice.

Snacks

- Dip veggies in ranch dressing, or fruit chunks into yogurt.
- Make ice cubes out of 100% fruit juice.
- Make fruit kabobs out of pineapple, grapes, strawberries, and melon.
- Keep apples, pears, bunch of grapes, or box of raisins ready to go.

Lunch & Dinner

- Green salads (with tomatoes, strawberries, or orange slices) & veggie soups are great.
- Add lettuce, tomatoes, peppers, & cucumbers to your sandwich or wrap.
- Add peppers, broccoli, & carrots to pasta or potato salad.
- Add apples, pineapple, raisins, or celery to chicken or tuna salad.

Dessert

- Top angel food cake with fresh berries.
- Cut up fruit such as melon, grapes, and citrus for a tasty fruit salad.
- Top yogurt and low fat ice cream with berries.



Have questions or comments?

Call Wegmans Consumer Affairs Monday–Friday 8am–5pm
 585-464-4760 or toll free at 1-800-WEGMANS ext. 4760.
wegmans.com

Blue & Purple

Activity Sheet

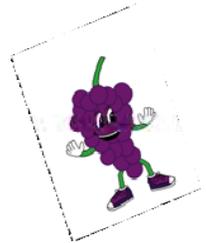
Hi there!



I am from the **BLUE** and **PURPLE** fruit and vegetable color group. I am full of many important nutrients you need to stay healthy! Try to eat at least one fruit or vegetable from my color group every day! This is easy to do because we all taste great! You'll see! Find the **BLUE** and **PURPLE** fruits and vegetables in the puzzle!



B S F R U I T S E A N N D V E
 L G N E T A B G L E I S M A K
 A E A A T A G S T Y S S N A C
 C K T A E P X Q A H I F P T N
 K M C N L B I B G R A P E S X
 B W L A B O K Y I K R E R A F
 E X N E L M W C X L G I A Q S
 R T I V U B F R A A G M D S X
 R K X Y E Y U W B L P L U M E
 Y E H Y B I S B A Y B X N K T
 D K G V E G A G G F Z M O O H
 R S I N R C O S P K H M P V W
 L B S M R E V I L O L Z T C L
 X S Q X Y M H D X K D B Z S Q
 N X D E S G P O L R Y V Z E Z



BLACKBEANS
CABBAGE
OLIVE

BLACKBERRY
EGGPLANT
PLUM

BLUEBERRY
GRAPES
RAISIN



Blue and Purple Answer Key

B	S	F	R	U	I	T	S	E	A	N	N	D	V	E
L	G	N	E	T	A	B	G	L	E	I	S	M	A	K
A	E	A	A	T	A	G	S	T	Y	S	S	N	A	C
C	K	T	A	E	P	X	Q	A	H	I	F	P	T	N
K	M	C	N	L	B	I	B	G	R	A	P	E	S	X
B	W	L	A	B	O	K	Y	I	K	R	E	R	A	F
E	X	N	E	L	M	W	C	X	L	G	I	A	Q	S
R	T	I	V	U	B	F	R	A	A	G	M	D	S	X
R	K	X	Y	E	Y	U	W	B	L	P	L	U	M	E
Y	E	H	Y	B	I	S	B	A	Y	B	X	N	K	T
D	K	G	V	E	G	A	G	G	F	Z	M	O	O	H
R	S	I	N	R	C	O	S	P	K	H	M	P	V	W
L	B	S	M	R	E	V	I	L	O	L	Z	T	C	L
X	S	Q	X	Y	M	H	D	X	K	D	B	Z	S	Q
N	X	D	E	S	G	P	O	L	R	Y	V	Z	E	Z

BLACKBEANS
CABBAGE
OLIVE

BLACKBERRY
EGGPLANT
PLUM

BLUEBERRY
GRAPES
RAISIN

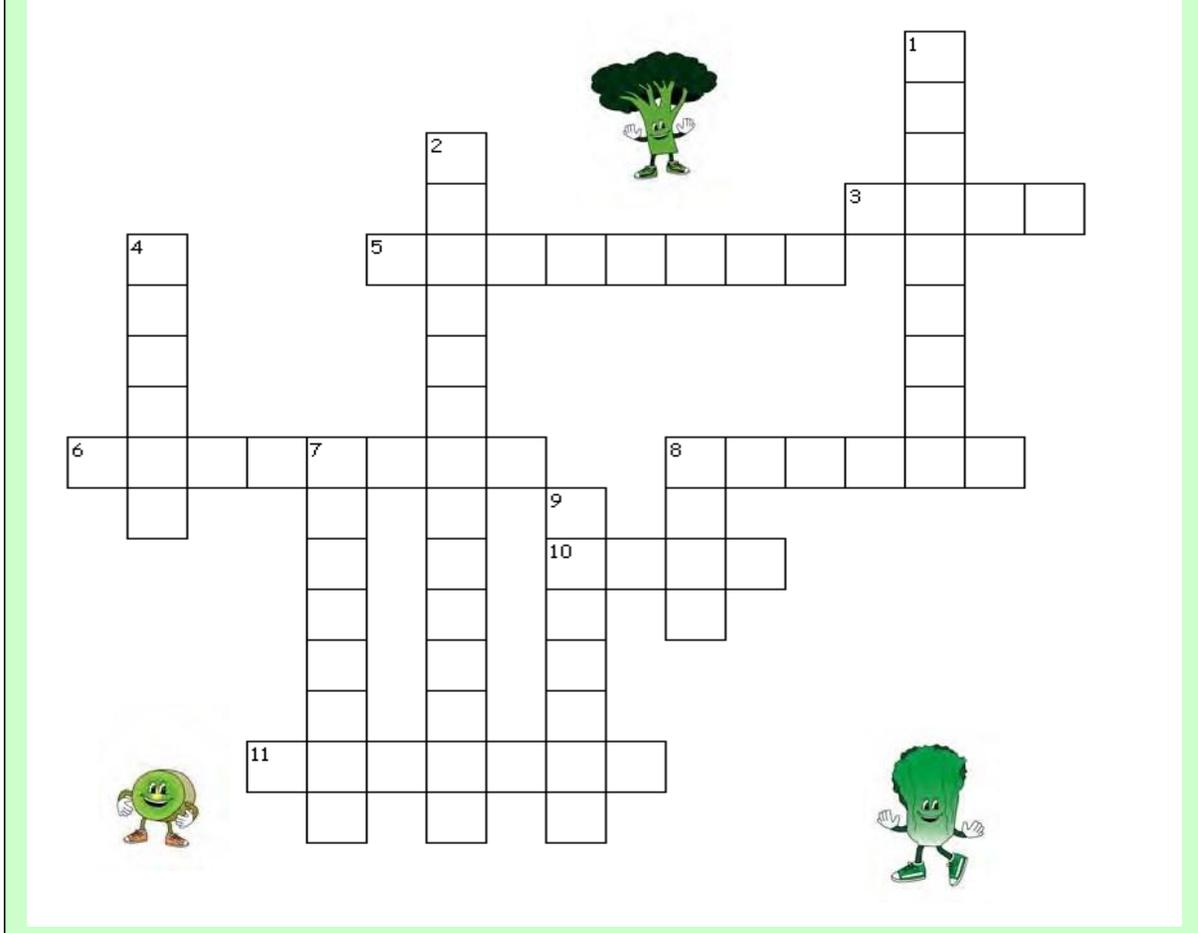
Green

Activity Sheet

Hello, I am
Romaine
Lettuce!



I am from the **GREEN** fruit and vegetable color group. There are a lot of **GREEN** fruits and vegetables that are tasty and can be enjoyed any time of the day! We call ourselves the **GREEN TEAM** because we are packed full of important vitamins, minerals, and fiber and we make a great team to keep you healthy! See if you can answer the clues below to figure out some of the members of the **GREEN TEAM!** Good Luck!



Across

3. I am a fuzzy fruit grown in New Zealand
5. My name starts with the last letter of the alphabet
6. I am green and I have a cousin named Cauliflower
8. Peter Piper picked a peck of these
10. I can have a green or yellow skin
11. I am good in a salad or on a sandwich

Down

1. I am a green vegetable with a green heart
2. I look like a miniature Cabbage
4. I am tasty with peanut butter and raisins
7. You can make me into a pickle
8. I grow in the garden in a pod
9. Popeye eats me to get strong

Green Answer Key

Across

3. I am a fuzzy fruit grown in New Zealand **KIWI**
5. My name starts with the last letter of the alphabet **ZUCCHINI**
6. I am green and I have a cousin named cauliflower **BROCCOLI**
8. Peter Piper picked a peck of these **PEPPER**
10. I can have a green or yellow skin **PEAR**
11. I am good in a salad or on a sandwich **LETTUCE**

Down

1. I am a green vegetable with a green heart **ARTICHOKE**
2. I look like a miniature cabbage **BRUSSEL SPROUTS**
4. I am tasty with peanut butter and raisins **CELERY**
7. You can make me into a pickle **CUCUMBER**
8. I grow in the garden in a pod **PEAS**
9. Popeye eats me to get strong **SPINACH**

Orange & Yellow

Activity Sheet



I am from the **ORANGE** and **YELLOW** fruit and vegetable color group and I provide you with lots of good stuff like vitamin C, which helps to keep you healthy so you won't get sick! I am having a bit of a problem, my friends are all scrambled up and I need help finding them! Can you help me to unscramble my **ORANGE** and **YELLOW** friends?

- 1. Ctpiora _____
- 2. tulepaanoc _____
- 3. mleno _____
- 4. ogmna _____
- 5. oanrge _____
- 6. hcpae _____
- 7. pplepnaie _____
- 8. COarrt _____
- 9. ppuinkm _____
- 10. ronc _____
- 11. ssaquh _____
- 12. atswoottepe _____



Orange and Yellow Answer Key

1. apricot
2. cantaloupe
3. lemon
4. mango
5. orange
6. peach
7. pineapple
8. carrot
9. pumpkin
10. corn
11. squash
12. sweet potato

RED

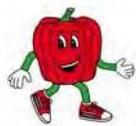
Activity Sheet



I am from the **RED** fruit and vegetable color group and I am full of flavor and nutrients! Unfortunately, I have lost my friends in the puzzle below and need your help to find them. Can you help me find my **RED** fruit and vegetable friends?



C	N	D	G	E	B	C	A	E	I	U	M	S	R	O
I	H	O	Q	Q	F	E	W	E	F	P	E	R	A	Q
V	L	E	L	P	R	X	T	X	C	P	S	E	D	K
X	Z	R	R	E	W	O	R	J	A	T	S	P	I	B
E	D	S	X	R	M	I	F	R	R	T	P	P	S	S
U	W	R	T	A	Y	R	G	B	R	O	K	E	H	O
G	W	H	T	E	U	D	E	A	Z	O	Q	P	R	S
N	Q	O	G	P	E	F	W	T	U	M	C	D	K	M
S	E	I	R	R	E	B	P	S	A	R	S	E	L	J
V	K	R	C	L	E	Z	Q	C	A	W	F	R	O	V
N	M	L	G	R	H	U	B	A	R	B	H	Q	F	T
S	U	Q	R	Z	T	S	X	N	K	C	C	D	I	K
F	X	I	E	L	P	P	A	A	T	F	X	Z	C	O
B	E	J	T	P	E	N	A	S	G	G	F	I	C	W
S	V	G	F	X	Y	O	S	R	A	C	T	N	V	B



APPLE
RADISH
REDPEPPERS
TOMATO

BEETS
RASPBERRIES
RHUBARB
WATERMELON

CHERRY
REDGRAPES
STRAWBERRIES

Red Answer Key

C N D G E B C A E I U M S R O
 I H O Q Q F E W E F P E R A Q
 V L E L P R X T X C P S E D K
 X Z R R E W O R J A T S P I B
 E D S X R M I F R R T P P S S
 U W R T A Y R G B R O K E H O
 G W H T E U D E A Z O Q P R S
 N Q O G P E F W T U M C D K M
~~S E I R R E B P S A R S E L J~~
 V K R C L E Z Q C A W F R O V
 N M L G R H U B A R B H Q F T
 S U Q R Z T S X N K C C D I K
 F X I E L P P A A T F X Z C O
 B E J T P E N A S G G F I C W
 S V G F X Y O S R A C T N V B

APPLE
 RADISH
 REDPEPPERS
 TOMATO

BEETS
 RASPBERRIES
 RHUBARB
 WATERMELON

CHERRY
 REDGRAPES
 STRAWBERRIES

White

Activity Sheet



I am from the **WHITE** fruit and vegetable color group and I have lots of tasty friends. Can you name some of your favorite **WHITE** fruits or vegetables?

I like to eat:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



I was building a puzzle to tell you an important message and I dropped all of my tiles onto the floor. Can you help me unscramble the tiles to reveal this important message?

T	A	B	A	R	R	M	E	G	E	T	E	D	V	F	R	U	E	G
A	N	F	O	I	T	S	O	O	D	L	E	S	W	H	I	E		

White Answer Key

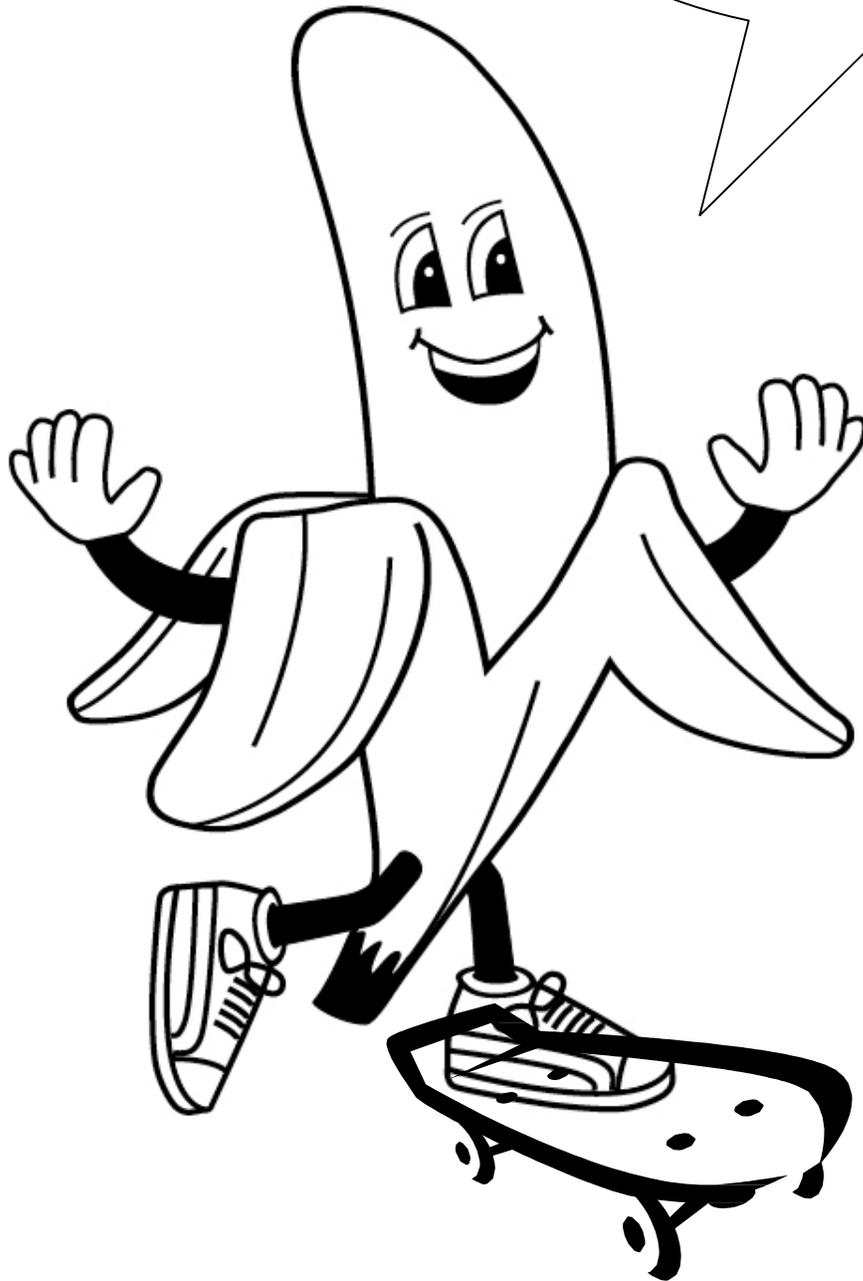
I was building a puzzle to tell you an important message and I dropped all of my tiles onto the floor. Can you help me unscramble the tiles to reveal this important message.

T	A	B	A	R	R	M	E	G	E	D	V	F	R	U	E	G
A	N	F	O	I	T	S	O	O	D	L	E	S	W	H	I	E

White Fruits and Vegetables are Good for Me

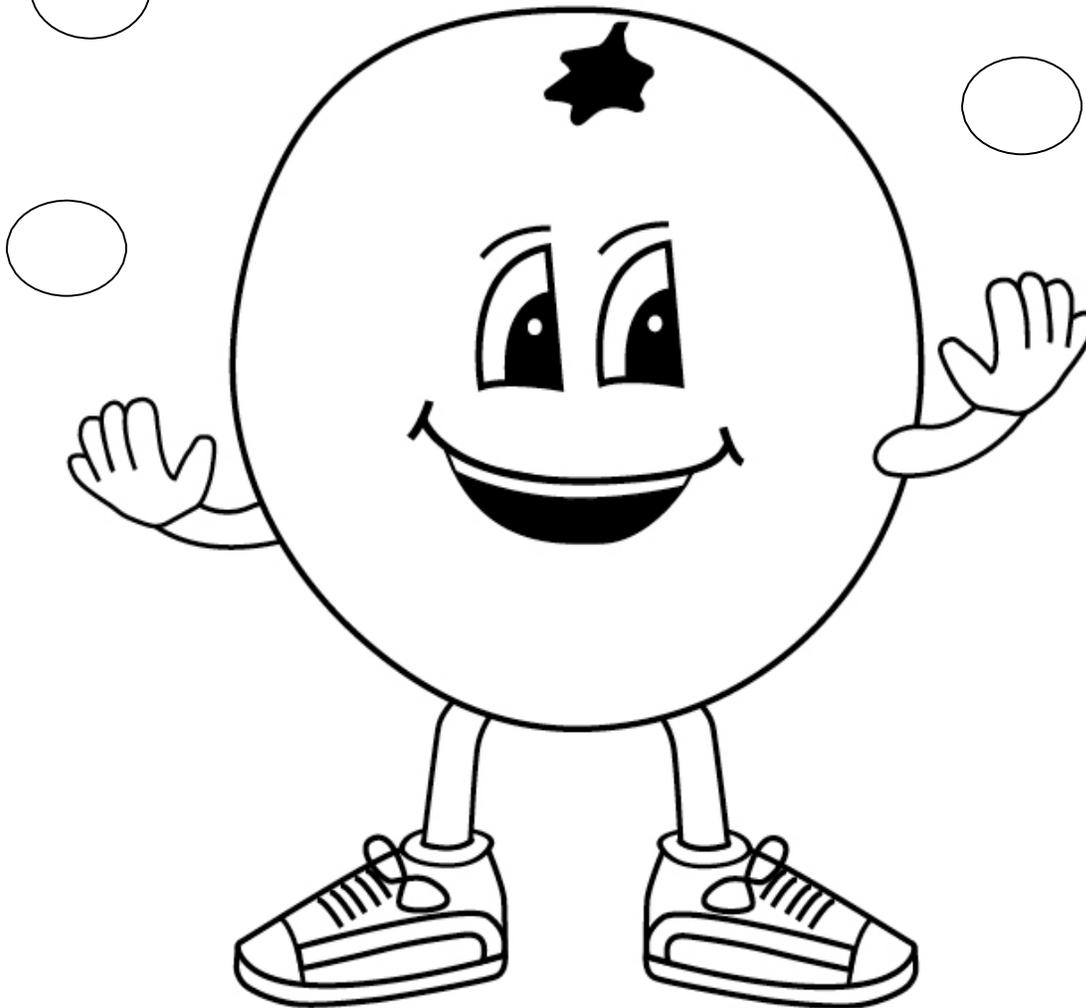
W H I T E F R U I T S A N D V E G E T A B L E S A R E G O O D F O R M E

Hi there! I am a banana! I am a great grab-n-go snack. Just peel my skin and eat!



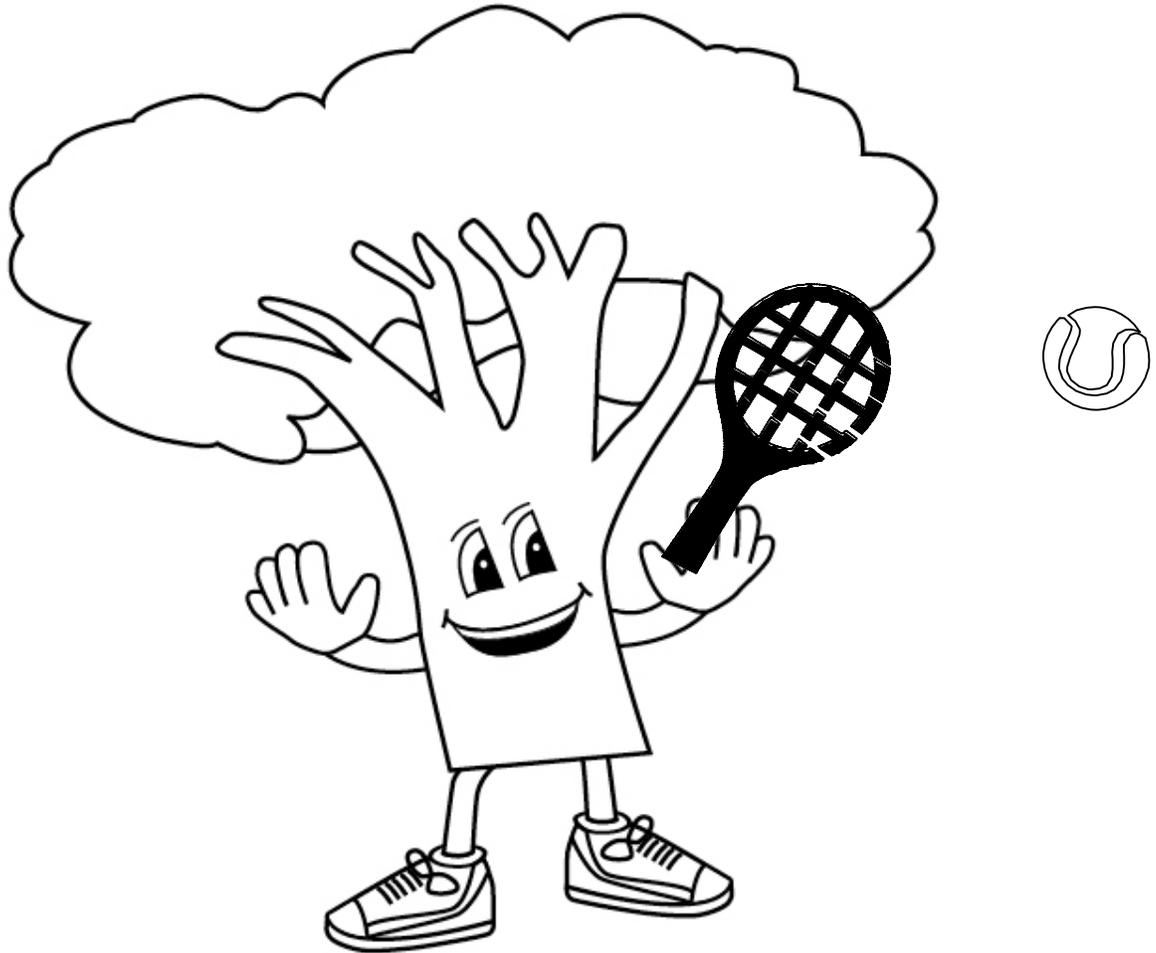
I am a good source of fiber, vitamin C, and potassium. Did you know the average person eats 33 pounds of bananas a year? Wow! I must be the most popular fruit in America!

Hi there! I am a blueberry!
You can toss me in your
cereal or in a blender
for a refreshing smoothie!

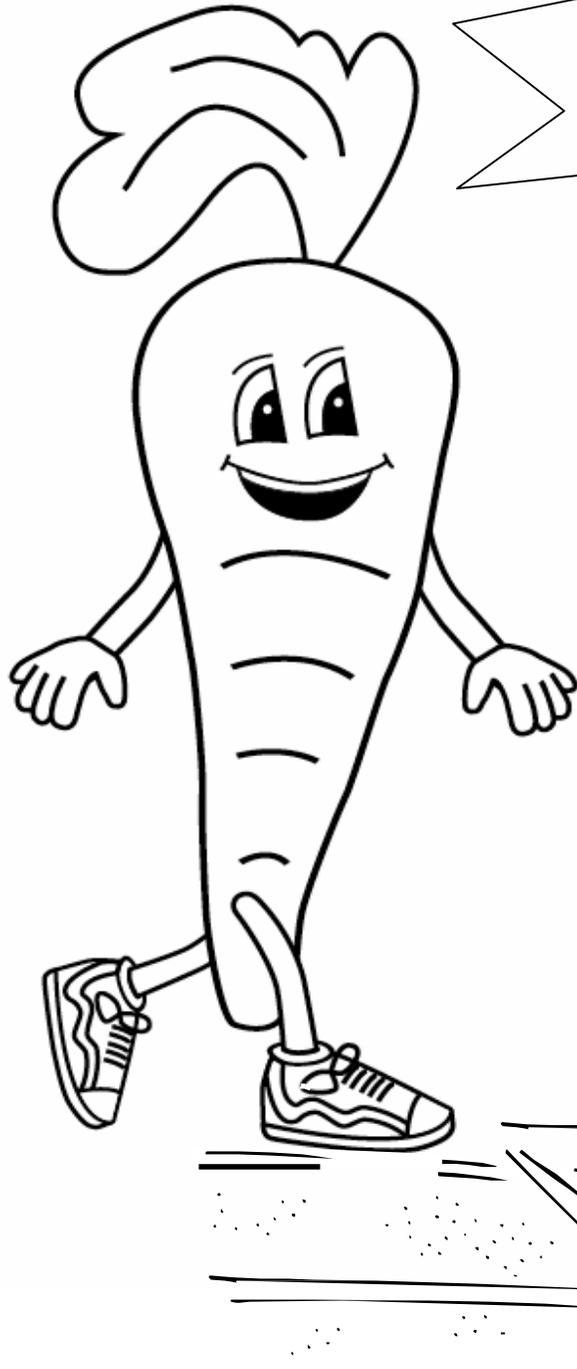


I am a good source of vitamin C and fiber. I am a great choice when choosing berries this summer! When you are thinking of a sweet and easy snack, think of me.

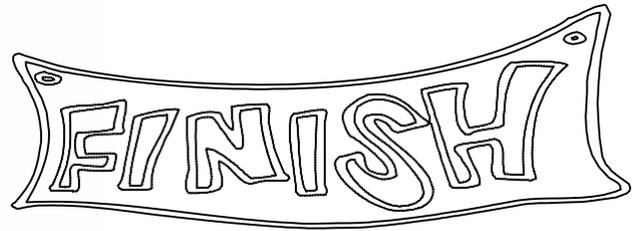
Hi there! I am broccoli. You can eat me with Cheese, in a salad, or in your favorite pasta. You can even dip me in salad dressing.



I am a powerhouse when it comes to nutrition! I am an excellent source of vitamin C and folate, and a good source of fiber and potassium!
Now, lets get ready to play tennis!



Hi there! I am a Carrot!
I am long, orange, and
very crunchy! I make a
tasty snack!

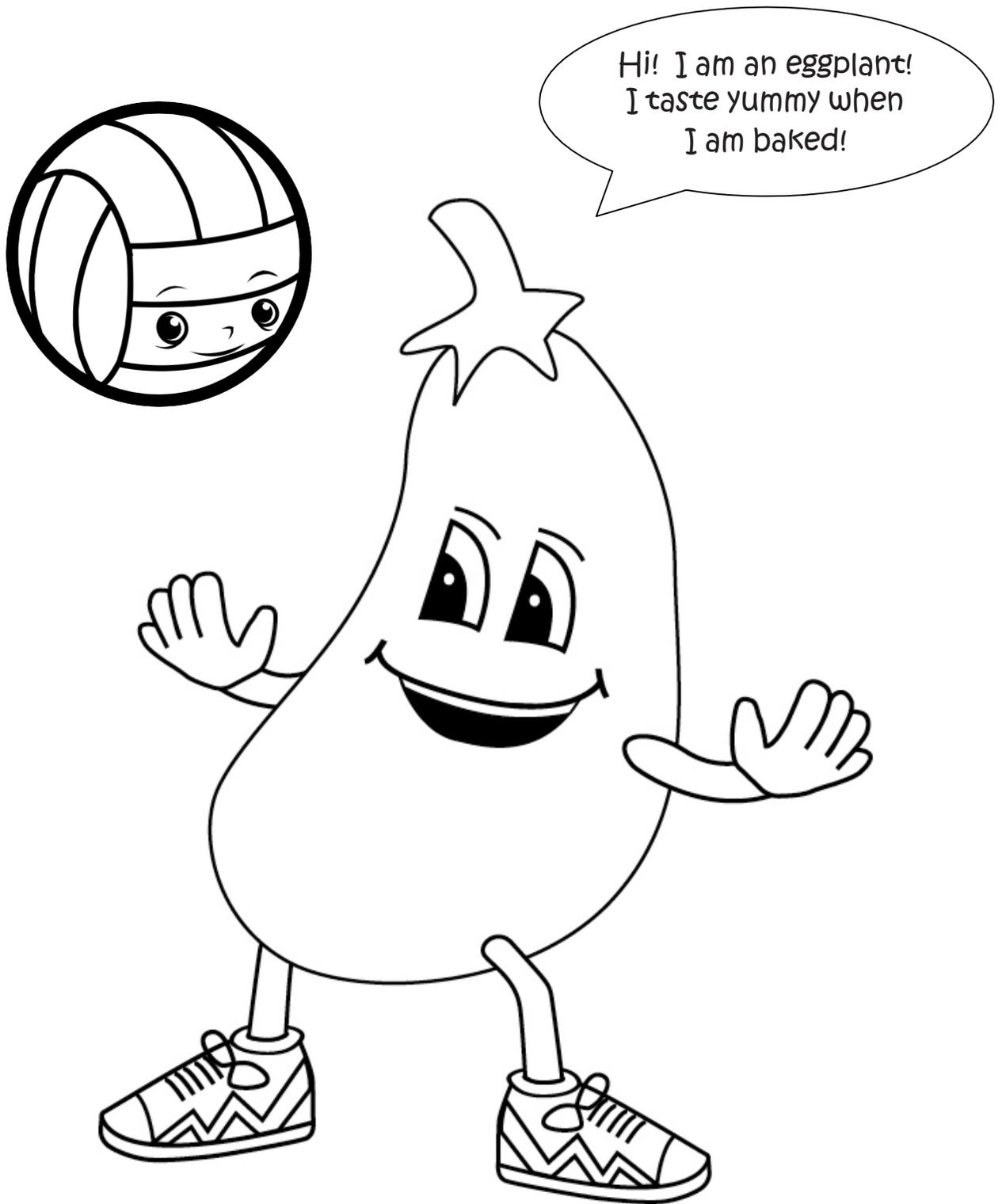


I am an excellent source of vitamin A and a good source of vitamin C. I grow in the ground and rabbits love to dig me up. But, now that I have these great shoes, I can outrun those rabbits and stay healthy too!

Hello! I am cauliflower! Cut me into bite-sized chunks and eat me raw with your favorite dip or you can steam me and top me with your favorite cheese!

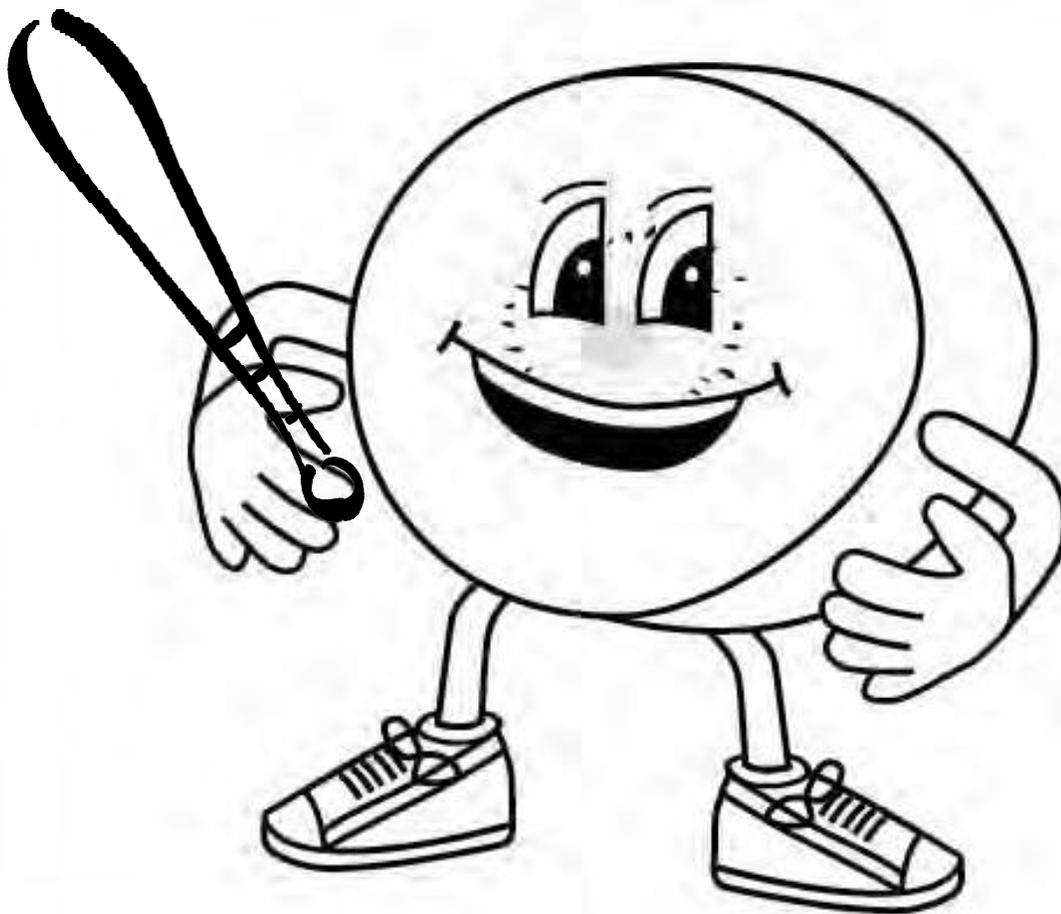


I am high in vitamin C and a good source of folate. I am available all year round, so try me soon in your next pasta dish!



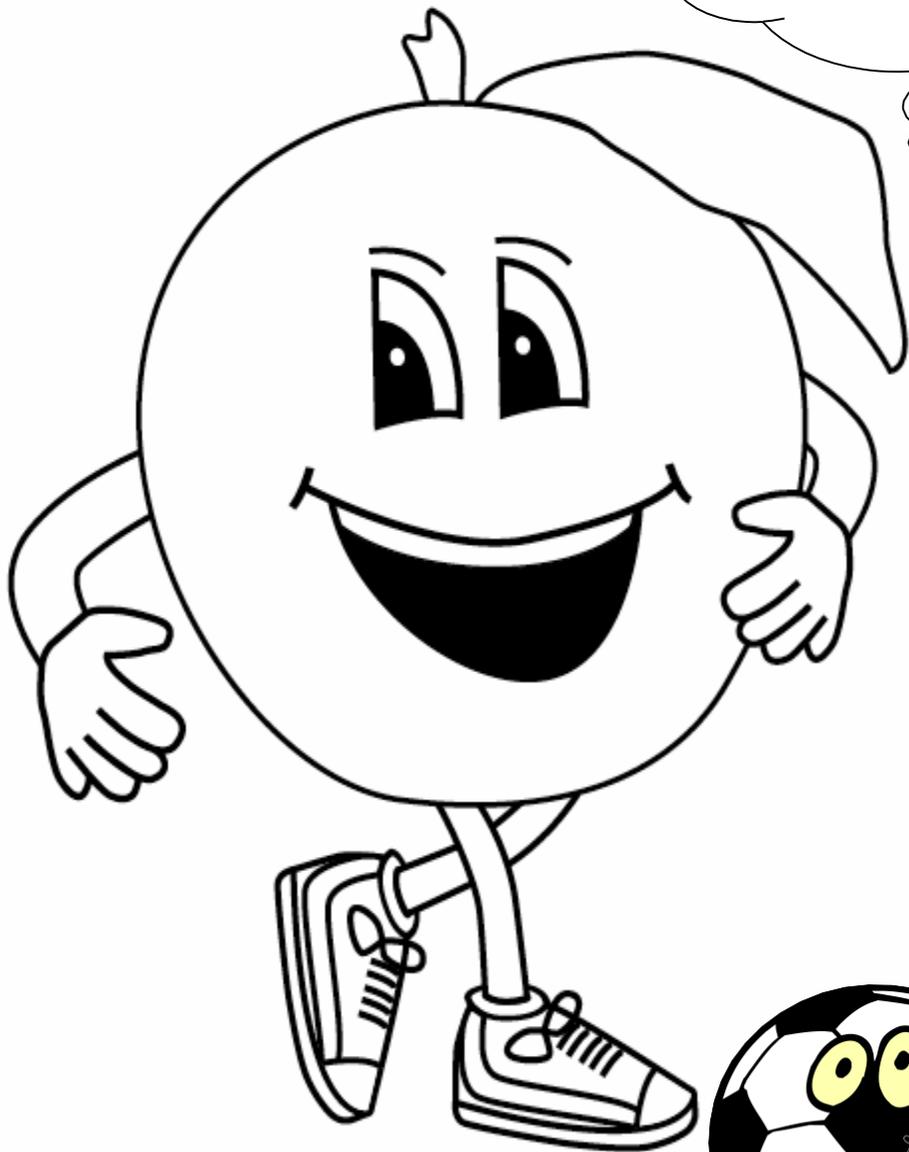
I provide your body with potassium and fiber. Did you know I am really a fruit, actually a berry? I am related to the tomato and potato family.

Hello! I am a fuzzy kiwifruit!
Remove my fuzzy skin and
enjoy my tasty green flesh
inside.



I am a good source of fiber, potassium and vitamin C. Try me in a fruit salad
or in a fruit smoothie.

Hi! I am a peach and peaches are tasty! Slice me up, throw away the pit, and enjoy! I am also very good in a smoothie or right out of the can!



I am round, fuzzy and an orangy-yellow color. I am a good source of vitamin C which is important to keep you healthy!



Hi there! I am a pineapple! You can eat me in chunks, slices, fresh, dried, or straight out of the can!



I am good for you! I am a good source of vitamin C and I make a great snack any time of day!

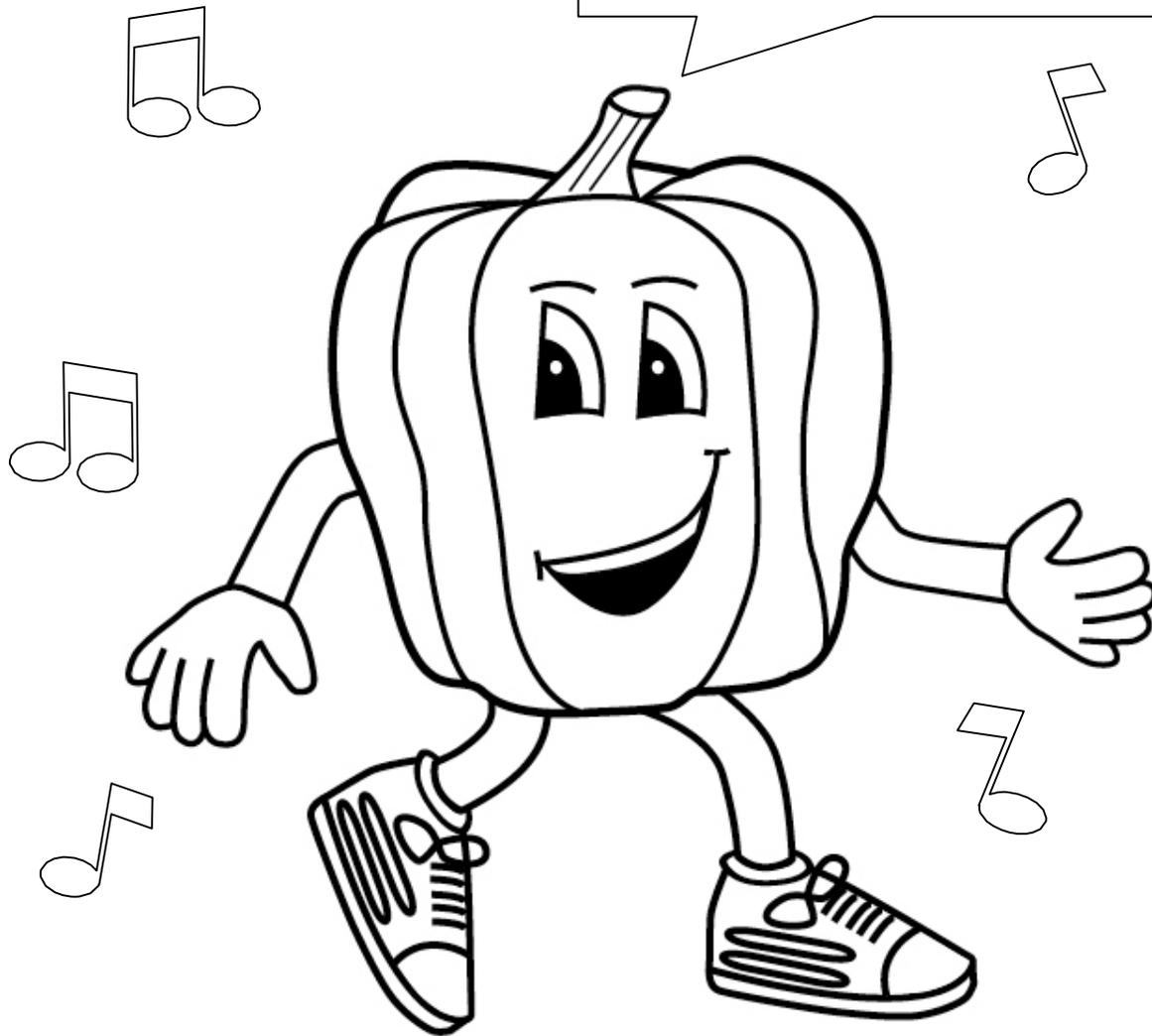
nebraska
Community Nutrition
C·N·P·C
Partnership Council

This institution is an equal opportunity provider and employer.

Pick a **better** snack™



Hello! I am a red bell pepper! Just slice me up and toss me in your favorite pasta or chicken dish or try me raw with low-fat dip.



I am very good for you! I am full of vitamin C! When you eat me raw, I am very crunchy. I taste very sweet, not spicy! I am the sweetest of all the bell peppers.

*Hi there! I am a
strawberry! You can
have me for
breakfast, lunch, or
even a dessert!*



*I am high in folate and vitamin C, and a good source of fiber. Don't forget
to toss me in your morning cereal!*

Fruit and Vegetable Websites

Consumer Group	Web Site	Nutrition Education	Information Specifically for Schools	Recipes	Free Posters & More
National Fruit and Vegetable Program	www.fruitsandveggiesmatter.gov	Yes	No	Yes	Yes
Produce for Better Health	www.fruitsandveggiesmorematters.org	No	No	Yes	Yes
California Cling Peaches	www.calclingpeach.com	Yes	Yes	Yes	Yes
California Kiwifruit	www.kiwifruit.org	Yes	Yes	Yes	No
California Strawberry Commission	www.calstrawberry.com	Yes	Yes	Yes	Yes
California Tomato Commission	www.tomato.org	Yes	No	Yes	Yes
Cherry Marketing Institute	www.cherrymkt.org	Yes	Yes	Yes	Yes
Idaho Potato Commission	www.idahopotato.com	Yes	No	Yes	Yes
Michigan Apple Committee	www.michiganapples.com	Yes	No	Yes	Yes
North American Blueberry Council	www.blueberry.org	Yes	No	Yes	Yes

Publication	Web Site
Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture.	www.fns.usda.gov/tn/Resources/fv_galore.html
National Action Plan To Promote Health Through Increased Fruit and Vegetable Consumption. Produce for Better Health Foundation.	http://www.pbhfoundation.org/pulse/action/
Team Nutrition	http://healthymeals.nal.usda.gov
Fruits & Veggies- More Matters Resource Manual	http://www.floridawic.org/Documents/fruits_and_veggies--more_matters/index.html