FRESH News

March 2014

March is National Nutrition Month (NNM). National Nutrition Month is an annual nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics. The campaign is designed to promote and encourage healthy eating and physical activity habits. Additionally, NNM endorses the Academy and its members to the public and the media as the most valuable and credible source for timely, scientific based food and nutrition information.

What better way to kick off March than with 11 healthy snacks for kids!

11 Healthy Snacks for Kids:

You may need an adult to help with some of these snacks.

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
2. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
3. Rocky Road: Break a graham cracker into bite-size pieces. Add low-fat chocolate pudding along with a few miniature marshmallows.
4. Mini Pizza: Toast a whole-wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
5. Meat Wrap: Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
6. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter.
7. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
8. Apple Pie Oatmeal: Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
9. Peanut Butter Balls: Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
10. Soup: Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
11. Waffle Cone Delight: Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

Arizona Department of Education

more info can be found at http://www.eatright.org

Monthly Crunch

Canary Melon

How to Select

- Make sure the fruit is generally firm except on the stem end.
- The skin should have a slightly rough feel and a shiny, wax-like appearance.

How to Store

- Keep cut and ripe melons in the refrigerator for up to three days.

Nutritional Benefits

- Fat free
- Cholesterol free
- Excellent source of vitamin A
- Excellent source of vitamin C

Cucumber

How to Select

- Look for cucumbers with a bright, even color of skin without dullness.
- A good cucumber is firm and does not bend. This firmness should be right through to the tips.

How to Store

- Store cucumbers in the crisper of the refrigerator. They are best consumed within 7 days of purchase.

Nutritional Benefits

- Good source of vitamin K
- Good source of vitamin C
- Great source of Potassium

A BITE OF THE SEASON

Canary Melon and Cilantro Salad

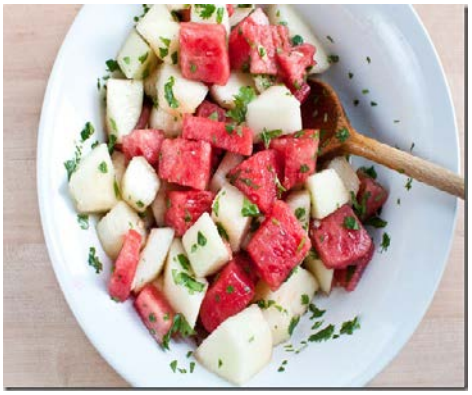
Ingredients

- 1 canary melon, cubed
- 2 cups watermelon, cubed
- 1 small bunch cilantro, finely chopped
- 1 teaspoon extra virgin olive oil
- A pinch of course salt

Yields 2 servings

Preparation

1. In medium sized bowl combine cubed fruit.
2. Toss with the olive oil, salt and cilantro. The salt really brings out the flavor of the melon.
3. Served chilled or at room temperature.



Find this recipe and others at
http://www.keepitsimplefoods.com

Cucumber and Dill Finger Sandwiches

Ingredients

- ½ cup 100% Italian Extra Virgin Olive Oil
- 2 cups soft goat cheese
- Zest and juice of 1 lemon
- 1 bunch dill, coarsely chopped
- 1 clove garlic, finely grated
- 8 slices sourdough bread
- 1 English cucumber, peeled and thinly sliced
- 1 shallot, thinly sliced
- Fresh ground pepper and kosher salt to taste

Yields 4 servings

Preparation

1. Combine goat cheese, lemon juice and zest, olive oil, dill and grated garlic in a large bowl and fold together thoroughly with a rubber spatula.
2. Spread the soft cheese mixture evenly on all eight pieces of bread. Lay a thin layer of sliced cucumbers on four of the slices. Sprinkle sliced shallot over the cucumber layers and top with the other piece of bread.
3. Cut each sandwich into three rectangular little tea sandwiches and serve immediately.

Find this recipe and others at http://www.allrecipes.com

In the Spotlight

The School Food Program would like to spotlight Tucson Unified School District- C.E. Rose grades K-8.

C.E. Rose is in its fifth year with the Fresh Fruit & Vegetable Program. The Fresh Fruit & Vegetable Program has been a huge success and wholeheartedly embraced by the entire school. Every teacher uses the fresh fruits and vegetables served each week and integrates nutrition education into reading, math, science, and writing curriculums to enhance the learning experience, which makes it fun for all the students. The students look forward to their fresh fruit and vegetable snacks each week. The program has made a great impact on student's eating habits at home and in school. The love for fruits and vegetables has led to the school's current project of growing fresh fruits and vegetable in a (self-watering) container garden. This container garden project is managed and maintained by two eighth grade classes (Mr. Albert Olivas & Ms. Sara Green). There are a total of 45 container gardens and you'll find spinach, kale, carrots, cabbage, etc. The container garden is another extension of nutrition education for the students and it teaches them how fruits and vegetables are grown and how easily it can be done at home without a backyard. The school's container garden is also one of the pilot gardens for the Farm to School Grant that TUSD Food Services Department partnered with The Community Food Bank of Southern Arizona on this year. C.E. Rose's container garden will be one of the gardens working toward certification by Arizona Department of Health Service's School Garden Sanitarian as a safe source of food that can be grown and used in the school cafeteria.

Tasty Tidbits

March is…

National Nutrition Month

National Food Days & Weeks in March:

2nd – 8th National Pancake week
3rd – 7th National School Breakfast week
1st Peanut Butter Lovers' Day
25th Waffle Day
26th National Spinach Day

Local Produce in March:

Fruits: Red Blush Grapefruit, White Grapefruit, Lemons, Canary Melons, Mandarin Oranges, Temple Oranges, Valencia Oranges
Vegetables: Artichokes, Arugula, Asparagus, Beets, Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Collard Greens, Mustard Greens, Kale, Leeks, Lettuce, Green Onions, Spinach

FRESH FRUIT & VEGETABLE PROGRAM

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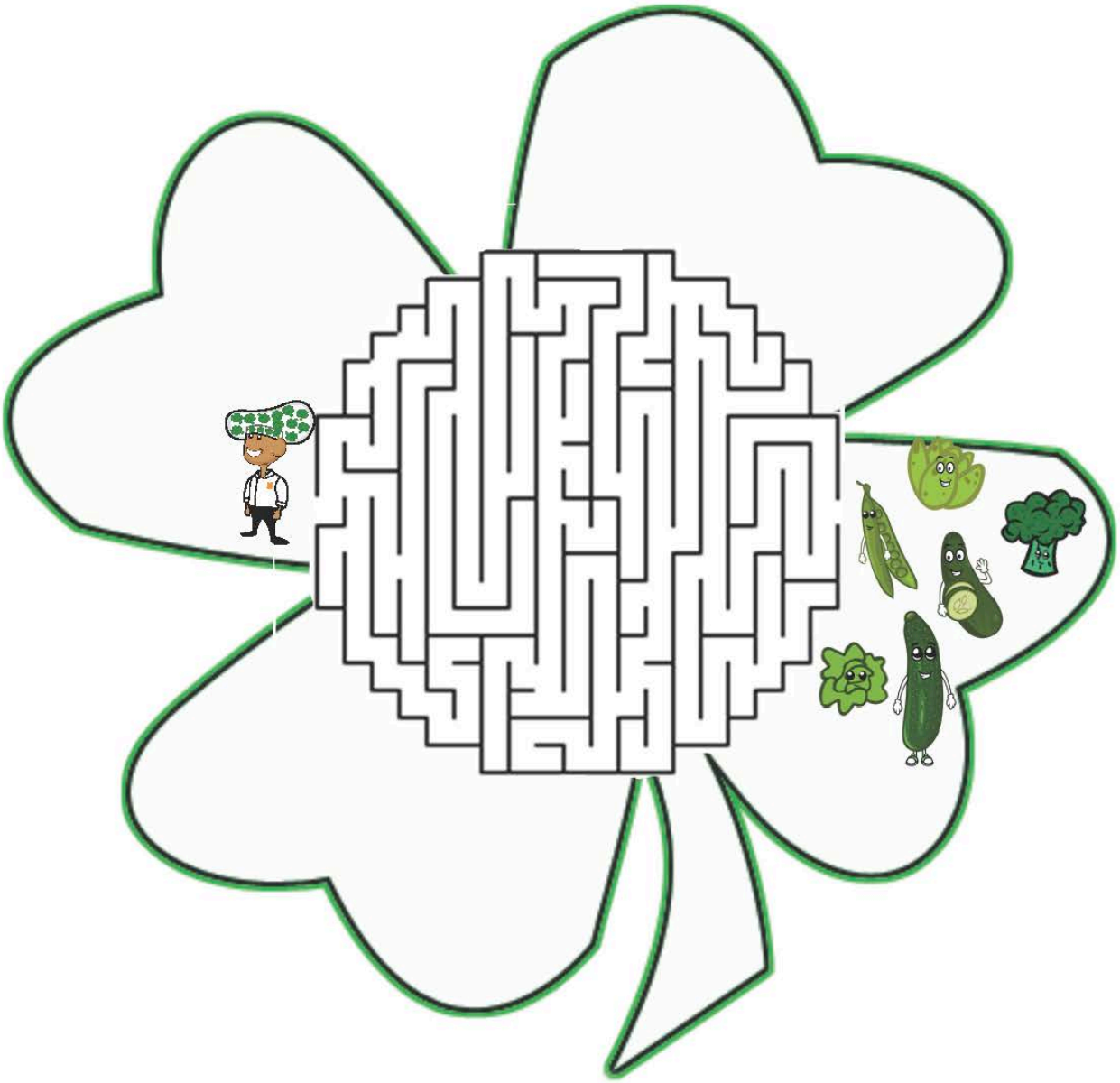
Chef Solus - Lucky Green Vegetables Maze

Chef Solus is looking for his lucky green vegetables.
Can you help him find them.



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