FRESH News

November, 14'
December, 14'
January, 15'

"Holiday Tips to Avoid Overeating"

The holidays are upon us and so is the temptation to eat more calorie rich foods. No matter what your background or beliefs are, food usually plays a big role in most cultural celebrations. There will be a lot of food temptations, but here are a few tips to keep you from overindulging this holiday season:

1. Drink a glass of water before you eat. Water takes up space and is calorie-free.
2. Start with the fruits and veggies. Many of us don't eat enough vegetables, so take this opportunity to eat the healthier options first.
3. Skip the dips and dressings; especially the creamy ones or opt for a lower calorie version.
4. Eat slowly and wait 20 minutes before you go back for seconds or dessert. It takes about 20 minutes for your digestive system to tell your brain it is full. By waiting 20 minutes, you might find you don't want seconds or dessert after all.
5. Try small amounts of multiple foods rather than taking two or three servings of any one food. This helps you eat smaller portions and taste more dishes.
6. Before indulging in a holiday treat, stop and ask yourself, "How important is this to me compared to my long-term health goals?" Pausing to ask this question can make that frosted sugar cookie less appealing.
7. Stick to your exercise routine during the holidays or start one. If you are feeling inspired, add 5 or 10 minutes.
8. Make a list of all the good reasons you do not want to gain weight over the holidays or why you want to lose weight after the holidays. Read the list every day and remind yourself of it whenever you are tempted to overindulge.
9. Plan ahead! If you know you have a celebration coming up that will involve all your favorite foods and desserts, try to make healthy food and physical activity choices in the days leading up to the celebration. Then you can enjoy the foods you love without feeling like you're missing out on the vitamins and nutrients you need to maintain health.

http://www.ghc.org/healthandwellness

Quarterly Crunch

Honeydew

How to Select

- Inspect the outer rind for bruising, cracks or large, dark spots.
- Gently press on the blossom end of the melon (the end opposite the stem). If the melon end is able to be depressed slightly with minimum effort, the melon is ripe.

How to Store

- Whole, ripe honeydew melons can be stored in the fridge for up to five days. Enclose them in plastic bags to protect other produce from the ethylene gas that honeydew gives off.

Nutritional Benefits

- Excellent source of vitamins C and B-6
- Good source of soluble and insoluble fiber
- Good source of potassium

Beets

How to Select

- Choose beets that are firm with deep maroon coloring, unblemished skin, and bright green leaves.
- Smaller beets will be sweeter and tender.
- Pay attention to see that the taproot is still attached.

How to Store

- Beets should be in plastic bag and stored in the refrigerator crisper drawer 7 to 10 days.
- Fresh cooked beets may also be frozen up to 10 months.

Nutritional Benefits

- Good source of vitamin C and manganese
- Good source of antioxidants
- Has anti-inflammatory properties

Blood Oranges

How to Select

- Pick blood oranges that are firm to the touch.
- Pick ones that are heavy for their size, which means they'll be full of juice.
- Keep in mind small green or brown areas on the skin have no effect on flavor or quality.

How to Store

- To keep these ruby gems fresh longer, you can store them in the refrigerator where they'll stay good for up to two weeks.

Nutritional Benefits

- Great source of vitamins and minerals including:
- folate
- calcium
- antioxidants
- vitamin A & C

Cauliflower

How to Select

- Cauliflower heads should be firm and tightly closed.
- White varieties should be very pale with no dark "sunburned" spots.

How to Store

- Keep Cauliflower loosely wrapped in plastic in the fridge for up to 2 weeks.
- Store cut cauliflower in a sealed plastic bag in the fridge for up to 1 week.

Nutritional Benefits

- Excellent source of vitamin C, K, and B-6
- Excellent source of dietary fiber
- Good source of potassium and manganese
- Good source of thiamin, riboflavin, and niacin

Grapefruit

How to Select

- Select grapefruit with a thin, smooth, firm, blemish-free skin that is heavy for its size.

How to Store

- Store grapefruit at room temperature for up to one week or under refrigeration for 2 to 3 weeks.

Nutritional Benefits

- Fat free; saturated fat free
- Sodium free
- Cholesterol free
- High in vitamins C, A, and K
- Good source of fiber

Napa Cabbage

How to Select

- Choose cabbage with compact ribs and intact leaves.
- Choose cabbage that has some heft in the hand. There should be no sign of yellowing or wilting, and no slimy or brown spots.

How to Store

- Unwashed, Napa Cabbage will keep for about 5 to 7 days in the vegetable crisper drawer of the refrigerator. Keep the whole head sealed in a plastic bag.

Nutritional Benefits

- Excellent source of vitamin K and C
- Good source of riboflavin and calcium
- Good source of potassium, iron, magnesium, and manganese

A BITE OF THE SEASON

Prosciutto Wrapped Melon Balls

Ingredients

- ¾ cup lime juice
- 3 honeydew melons, fruit removed with a melon baller
- 1 ¾ pounds thinly sliced prosciutto
- 108 sprigs fresh mint

Preparation

- Place melon balls into a bowl, and sprinkle with lime juice. Stir gently to coat.
- Wrap each ball with a slice of prosciutto, and secure with a sprig of mint.
- Arrange on a serving tray. Refrigerate until serving.

Yield
36 servings

Find this recipe and others at www.allrecipes.com

Balsamic & Parmesan Roasted Cauliflower

Ingredients

- 8 cups 1-inch-thick slices cauliflower florets (about 1 large head)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- ¼ teaspoon salt
- 2 tablespoons balsamic vinegar
- ½ cup finely shredded parmesan cheese

Preparation

- Preheat oven to 450°F.
- Toss cauliflower, oil, marjoram, salt and pepper in a large bowl.
- Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes.
- Toss the cauliflower with vinegar and sprinkle with cheese.
- Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Yield
4 servings, about 1 cup each

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

Grapefruit Crunch

Ingredients

- 1 red grapefruit, peeled and sectioned
- 2 tablespoons vanilla yogurt, low-fat
- 1 tablespoon granola

Preparation

- Wash hands with soap and warm water. Wash fresh fruit before preparing.
- Arrange grapefruit sections in a shallow bowl or an individual salad plate.
- Top with yogurt.
- Sprinkle with granola.

Yield
1 serving

Find this recipe and others at
www.eatwellbewell.org

Chicken-Cabbage Stir-Fry

Ingredients

- 3 chicken breast halves, skinned and boned
- 3 cups green cabbage, cut in ½ -inch slices
- ½ teaspoon ground ginger
- ½ cup water
- 1 teaspoon oil
- 1 tablespoon cornstarch
- ¼ teaspoon garlic powder
- 1 tablespoon soy sauce

Preparation

- Wash hands with warm water and soap. Wash fresh vegetable before preparing.
- Cut chicken breast halves into strips.
- Heat oil in frying pan.
- Add chicken strips and stir-fry over moderately high heat, turning pieces constantly, until lightly browned (about 2 to 3 minutes).
- Add cabbage; stir-fry 2 minutes until cabbage is tender-crisp.
- Mix cornstarch, ginger and garlic powder; add to water and soy sauce, mixing until smooth.
- Stir into chicken mixture.
- Cook until thickened and pieces are coated, about 1 minute.
- Serve hot.

Yield
4 servings

Find this recipe and others at
www.eatwellbewell.org

In the Spotlight

The School Food Team would like to acknowledge the Chandler Unified School District for their continued excellence in the Fresh Fruit and Vegetable Program!

In the Chandler Unified School District, Chandler Traditional Academy - Freedom was the site of our "Fruit and Veggie Challenge." It was boys vs girls, to see who can eat the most fruits and veggies. The salad bar was set up with a large variety of colorful food items. As students entered the lunchroom, the excitement was apparent! They were welcomed by human fruits and vegetables that instructed them there would be a fruit and vegetable competition. As students consumed these fruit or vegetable items, an adult came by with a fruit and veggie sticker. The adults also entered their data into the Nutri-Slice Software program on their phone. This software program allowed students to see which gender had consumed the greatest amount of fruits and veggies. As the scores were posted on the screens, students became more excited!

In the end, "Fruit and Veggie Challenge" was a fun and new innovative way to get students to eat more fruits and vegetables. The boys and girls tied, but everyone was a winner with the healthy fruits and vegetables they ate.

**To nominate a school for the monthly "In the Spotlight" feature, please email FFVP@azed.gov with the name of the school, grades served, number of years on the FFVP, the primary FFVP contact for the school and the reasons why this school should be recognized for going above and beyond the FFVP requirements.*

Tasty Tidbits

November is…

National Pomegranate Month

National Food Days in November:

1st World Vegan Day
3rd Sandwich Day
17th Homemade Bread Day

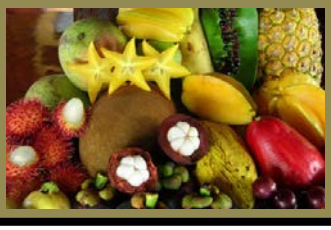
Local Produce in November:

Fruits: Granny Smith Apples, Pink Lady Apples, Sundowner Apples, Grapefruit, Lemons, Honeydew, Cantaloupe, Canary Melon, Oranges, Tangerines, Orlando Tangelos, Watermelon

Vegetables: Arugula, Bean Sprouts, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Sweet Corn, Collard Greens, Mustard Greens, Lettuce, Squash

December is…

National Exotic Fruits Month



National Food Days in December:

1st Eat a Red Apple Day
12th Gingerbread House Day

Local Produce in December:

Fruits: Pink Lady Apples, Grapefruit, Lemons, Canary Melons, Blood Oranges, Navel Oranges, Tangerines

Vegetables: Arugula, Tomatoes, Turnip, Swiss Chard, Spinach, Radishes, Green Onions, Lettuce, Kale, Mustard Greens, Collard Greens, Cucumber, Cauliflower, Carrots, Cabbage, Brussel Sprouts, Broccoli, Bok Choy, Beets, Bean Sprouts

January is…

National Artichoke Month

National Food Days in January:

5th Bean Day
19th Popcorn Day
24th Peanut Butter Day

Local Produce in January:

Fruits: Grapefruit, Lemons, Canary Melons, Blood Oranges, Mandarin Oranges, Navel Oranges, Sweet Oranges, Tangelos

Vegetables: Arugula, Bean Sprouts, Beets, Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Collard Greens, Kale, Lettuce, Kohlrabi, Napa Cabbage, Green Onions, Radishes, Spinach, Swiss Chard, Tomatoes, Turnip

FRESH FRUIT & VEGETABLE PROGRAM

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Garden NEWS

Who's in the garden?

October was National Farm to School Month! To celebrate we visited some school gardens in Northern Arizona. Washington Traditional, located in downtown Prescott started their garden in collaboration with FoodCorps Arizona service member. Mile High Middle School, also located in downtown Prescott, started their garden with their history teacher. Humbolt Elementary, located in Prescott Valley, started their garden with their music teacher! For more information or if you would like to take a peek at our visit up north, go to our Arizona Farm to School Facebook page at www.facebook.com/ArizonaFarmtoSchool

School gardens are a great way to incorporate more nutrition education into your Fresh Fruit and Vegetable Program. Research shows that students who participate in the growing, harvesting and cooking of their own food will likely consume more than students not exposed to this process. We encourage you to plant something local this year to try with your students. Be sure to start prepping your soil for a fall garden in August or September. For those of you up North, enjoy your August and September harvests. Plant on Arizona!

Resources for Educators

Western Growers Foundation (WGF) School Garden Grant NOW OPEN!

Western Growers Foundation proudly partners with the Arizona Department of Agriculture to offer a competitive grant to K–12 Arizona schools. Fifty schools will receive $1,000 each—plus tools, seeds and materials—to grow and sustain their edible gardens. The new garden grant will be available online very soon, so keep a look out for this Arizona –specific grant! For more information on Western Growers Foundation and school gardens in Arizona visit www.csgn.org/arizona.

Arizona Garden for Learning Guide

This resource is a collection of best practices compiled from WGF garden grant awardees. Learn from other Arizona School Gardens about finding supplies, funding, volunteer support, linking gardens to curriculum and how to promote healthy living.

Learn more at www.csgn.org/arizona

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Thanksgiving Word Search

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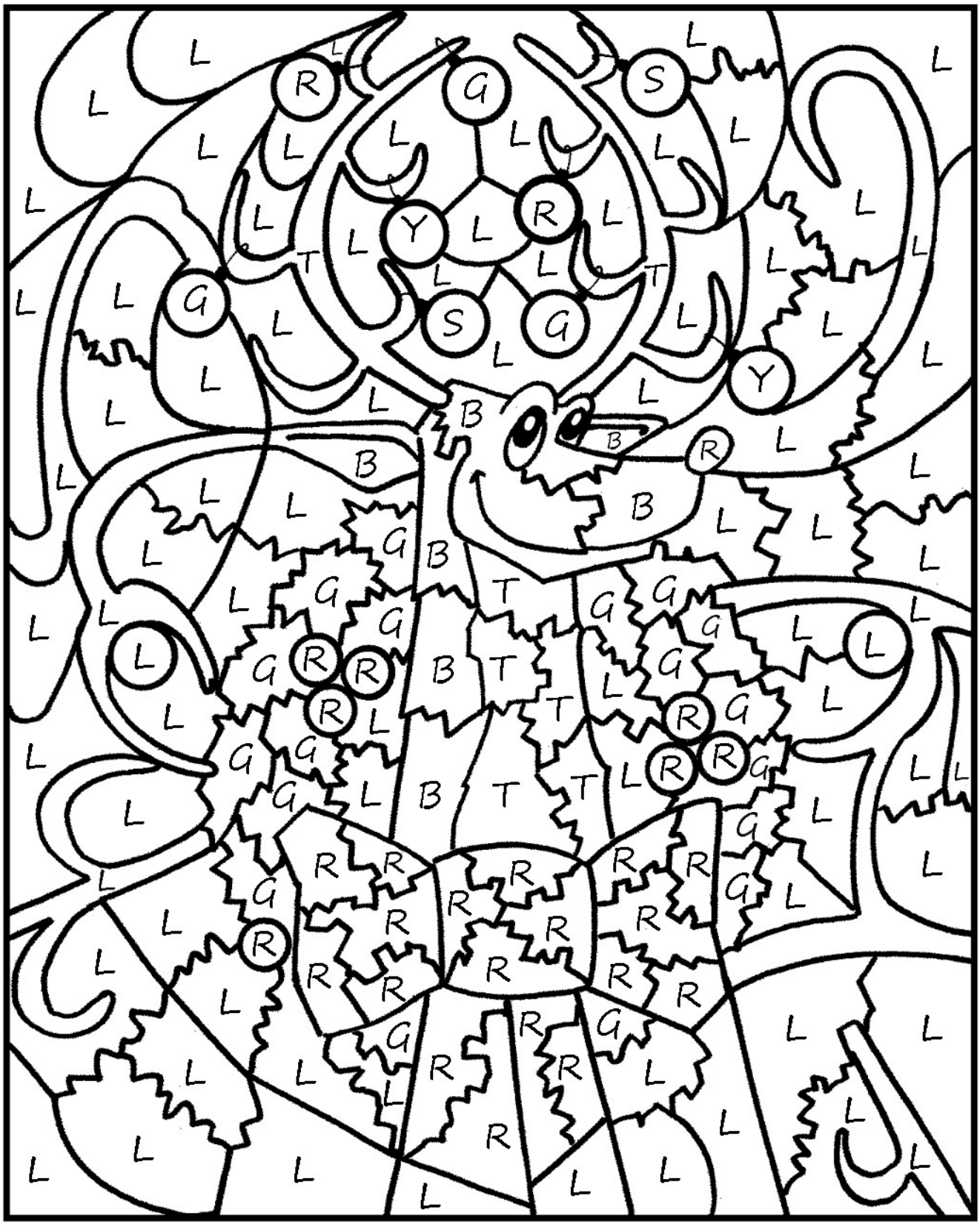
H G U C Y O K A H C A R V E A

1. Carve
2. Celebrate
3. Colonist
4. Cornucopia
5. Cranberry
6. Dessert
7. Farmer
8. Feast
9. Gather
10. Harvest
11. Holiday
12. November
13. Pilgrim
14. Platter
15. Pumpkin
16. Thanksgiving
17. Tradition
18. Turkey
19. Vegetable
20. Worship



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S = Silver Y = Yellow

B = Brown G = Green R=Red

T = Tan L= Light Green

THANKSGIVING DAY NEIGHBORHOOD SCAVENGER HUNT

Walk off that turkey dinner while finding all of the items on our list.

- ❑ A family playing football
- ❑ A turkey hung on a window or door
- ❑ A Thanksgiving-themed yard decoration
- ❑ 6 or more cars parked in front of one house
- ❑ A pile of leaves
- ❑ Something with a pilgrim on it
- ❑ An ear of dried corn
- ❑ A pumpkin or squash
- ❑ A pet waiting to be let in
- ❑ Smoke rising from a chimney
- ❑ Another family on a walk
- ❑ A black bird
- ❑ Chrysanthemums
- ❑ An acorn, pine cone, or other nuts, seeds, or cones
- ❑ Early Christmas decorations

Add your own items here:

- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
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