FRESH News

Welcome to the inaugural issue of the Arizona Department of Education's Fresh Fruit and Vegetable Program (FFVP) newsletter, "FRESH News". This newsletter will be issued electronically on a monthly basis. Each month in our "Monthly Crunch" section, we will feature one fruit and one vegetable that are currently in season, with corresponding recipes in the "A Bite of the Season" section that can be helpful for families. A local produce section will highlight what is available for purchasing in the state of Arizona. We will provide information on upcoming celebrations related to fresh produce and nutrition, such as "National Blueberry Month" to assist with incorporating different produce items into your program. Additionally, to recognize a school doing outstanding work with the FFVP, we will feature a different school each month in the "In the Spotlight" section. Each month you will also find an activity on the last page that can be shared with teachers and students. We hope that you will find this newsletter helpful and share this information with your teachers, students, families and community members.

Arizona Department of Education

Monthly Crunch

Cherries

How to Select

- Select firm, red cherries with stems attached.
- Avoid soft, shriveled or blemished cherries.

How to Store

- Refrigerate cherries for up to 10 days.

Nutritional Benefits

- Fat free
- Saturated fat free
- Sodium free
- Cholesterol free
- Good source of vitamin C
- Good source of potassium

Cucumber

How to Select

- Choose firm, well-shaped cucumbers with dark green color; heavy for size.

How to Store

- Refrigerate cucumbers in plastic bag up to 1 week.

Nutritional Benefits

- Fat free
- Saturated fat free
- Sodium free
- Cholesterol free
- Low calorie
- Good source of vitamin C

A BITE OF THE SEASON

Cherry Smoothie

Ingredients

- 2 cups cherries
- ½ cup yogurt
- ½ cup orange juice
- 4 leaves fresh mint
- Ice

Yield

- 1-2 Smoothies

Preparation

- Add all ingredients into blender
- Whirl until smooth
- Serve immediately

*Find this recipe and others at http://localfoods.about.com

Cream Cheesy Cucumber Sandwich

Ingredients

- ¾ cup light cream cheese, slightly softened
- ½ large cucumber
- 8 slices whole grain bread

Yield

- 4 Sandwiches

Preparation

- Spread cream cheese on 4 slices of bread
- Place 4 cucumber slices on each bread slice and top with remaining slices of bread
- Cut into quarters and serve immediately or wrap sandwiches and place in cooler for later service

*Find this recipe and others at http://kidshealth.org/kid/recipes/

In The Spotlight

This month we are recognizing Concordia Charter School located in Mesa! This K-5 school serves the FFVP in the classroom 4-5 times per week. Concordia's Nutrition Services Manager, Rachel Gomez-Acosta, plans a theme for each month such as an apples theme, tropical theme and leafy greens theme (incorporating their school garden!). Rachel develops grade-appropriate activities and fact sheets about each of the produce items that she provides to the teachers as a way to incorporate nutrition education into the classroom. Rachel has also created posters that vary each month to display in the cafeteria. The teachers are also happy to get involved and have done contests such as yellow versus pink grapefruit and blood oranges versus tangelos. The FFVP has also positively impacted their National School Lunch and Breakfast Programs and they have been able to incorporate more fresh produce into their meals. This is the school's third year participating in the FFVP.

**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

August is National Peach Month!

National Food Days & Weeks in August

3rd- Watermelon Day
19th- Potato Day
22nd- Eat a Peach Day
29th- Lemon Juice Day

2nd Week – Apple Week

Local Produce

Fruits: Gala, Golden & Red Delicious Apples, Grapefruit, Lemons, Cantaloupe, Honeydew, Watermelon, Peaches

Vegetables: Green Cabbage, Carrots, Corn, Sweet Onions, Green & Red Bell Peppers, Chili Peppers, Summer Squash, Tomatoes

FRESH FRUIT & VEGETABLE PROGRAM

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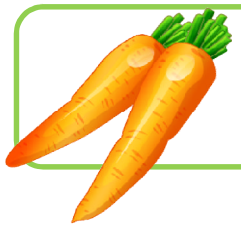

Help the Super Crew Find Yummy Foods

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

Cucumber	Chicken
Spinach	Legumes
Apple	Cheese
Blueberry	Broccoli
Salmon	Watermelon
Yogurt	Orange
Carrots	Beans
Bell Pepper	Milk
Kiwi	Pudding

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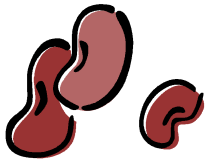
Answer Key

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

Cucumber
Spinach
Apple
Blueberry
Salmon
Yogurt
Carrots
Bell Pepper
Kiwi
Chicken
Legumes
Cheese
Broccoli
Watermelon
Orange
Beans
Milk
Pudding



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