FRESH News

August 2013

Welcome to the 2013-2014 school year and a special welcome to our new Fresh Fruit and Vegetable Program (FFVP) schools. There are 117 Arizona schools participating in the FFVP this year, 26 of which are brand new! Over 67,000 students will have access to fresh fruits and vegetables and nutrition education throughout the school year. Imagine the positive impact this will have on the students, staff, families, and the overall school environment. Throughout the year, please share your success stories and creative ideas that are being implemented in the program. August is full of monthly, weekly, and daily fruit and vegetable-themed celebrations. Check out the Tasty Tidbits section for a list of celebrations that you can incorporate into your FFVP. As a reminder, FFVP Spending Plans are due by July 26th. Please utilize this tool to assist in spending all of your period 1 allocation funds by September 30th. If you intend to purchase large equipment, preapproval is required before the costs can be claimed. Please contact me with questions about the spending plan, the claim process, allowable costs, or equipment approval. Wishing you a successful start to your school year!

Arizona Department of Education

Monthly Crunch

Watermelon

How to Select

- Fresh cut watermelon should have a deep, red color and should not have white streaking
- Chose whole watermelon that are heavy for their size and have a smooth rind

How to Store

- Store fresh cut watermelon at 41ºF in a sealed plastic or glass container
- Store whole, uncut watermelon at 50-60ºF
- Do not refrigerate whole melons because it will decrease shelf life and flavor

Nutritional Benefits

- Excellent source of vitamin C
- Extremely high water content, about 92%
- Very low in calories
- Excellent source of the carotenoid, lycopene
- Rich source of the amino acid, citrulline

Jicama

How to Select

- Jicama should be well-formed and firm to the touch
- Choose round, medium-sized tubers
- Avoid jicama if soft, shriveled, bruised, or cracked

How to Store

- Store whole jicama tubers in a cool, dark place for up to 4 weeks
- Fresh cut jicama should be stored at 41ºF or below

Nutritional Benefits

- Excellent source of vitamin C
- Good source of dietary fiber
- Contains magnesium, copper, iron, and manganese
- Very low in calories

A BITE OF THE SEASON

Kids Watermelon Pizza Supreme

Ingredients

- 1 watermelon (8-10 inch round and 1 inch thick) sliced, drained to remove excess moisture
- 1 cup strawberry preserves
- 1/2 cup white chocolate chips
- 1/2 cup raisins
- 1/2 cup chopped walnuts
- 1 cup sweetened shredded coconut

Preparation

- Place the watermelon slice on a serving platter and cut into 6 wedges, leaving them in the shape of a pizza.
- Spread the preserves over the watermelon and sprinkle the toppings over the top.
- Serve and enjoy!

Yield

- 6 slices

Find this recipe and others at http://www.watermelon.org/Recipes/Kids

Jicama Chili Sticks

Ingredients

- 1 ½ pounds of jicama
- 1 lime
- 1 teaspoon chili powder

Yield

- 12 servings

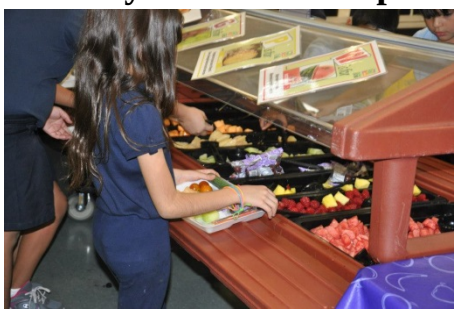
Preparation

- Wash the jicama in cold, running water with a vegetable scrubber.
- Peel the jicama and cut into 3”x1/2”x1/2" sticks.
- Arrange the sticks on a paper towel.
- Sprinkle with fresh lime juice and chili powder.
- Arrange the sticks on a platter and chill in the refrigerator for 1 hour.
- Serve cold and enjoy!

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

In the Spotlight

Having a Fresh Fruit and Vegetable Program (FFVP) kickoff event is a great way to promote the program and get students excited about what's to come. There are many ways that this can be done, but an A-Z fruit and vegetable bar is certainly a fun and unique approach. This is what the Balsz Elementary District did last year! In conjunction with their USDA HealthierUS School Challenge Silver Award Celebrations, these schools promoted the FFVP with an A-Z produce bar. The students were encouraged to load up their plates with unlimited fruits and vegetables and challenged to try something they had never tasted before. They invited community partners to share in the day, including the Arizona Dairy Council who provided milk and string cheese and their Arizona Nutrition Network partner, the Maricopa County Department of Public Health, who provided nutrition education to the students. Physical activity was also incorporated. The students danced to the "Cha-Cha Slide" with some help from the Arizona Department of Education and former Arizona Cardinals, Andre Wadsworth and John Fina, courtesy of the Arizona Dairy Council and the Fuel Up To Play 60 Program. This is a great example of how a little creativity and assistance from community partners results in a memorable day for the entire school community. Well done, Balsz Elementary District!



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
8th - Zucchini Day
19th - Potato Day
22nd - Eat a Peach Day
27th - Banana Lover's Day

2nd Week - Apple Week

Local Produce in August:

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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Vegetables Word Search Puzzle

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

VEGETABLES WORD LIST

ASPARAGUS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROT
CAULIFLOWER
CELERY
CORN
CUCUMBER
LETTUCE
ONION
PARSNIP
PEAS
PEPPER
POTATO
PUMPKIN
RADISH
SPINACH
SQUASH
TURNIP