

# JANUARY

## Participating Elementary Schools

- ◇ **Benton**
- ◇ **Bryant**
- ◇ **Fairmount**
- ◇ **Korte**
- ◇ **Mallinson**
- ◇ **Mill Creek**
- ◇ **Ott**
- ◇ **Procter**
- ◇ **Randall**
- ◇ **Santa Fe**
- ◇ **Sugar Creek**
- ◇ **Three Trails**

## Choose MyPlate

The My Plate Food Guide identifies daily meal proportions for the fruit, vegetable, grains, protein, and dairy food groups; and is an easy to understand illustration designed to help Americans build a healthy plate at meal times.



Independence School District Nutrition Services

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# Fresh Fruit And Vegetable Program

## What is FFVP?

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to students in participating elementary schools during the school day.

The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The FFVP will help schools create healthier school environments by providing healthier food choices; expanding the variety of fruits and vegetables children experience; and increasing children's fruit and vegetable consumption.

## Making Fruits & Vegetables Fun

FFVP's will be eaten in the classroom, along with fun and educational activities led by school staff. Children will be encouraged to try the fruit and vegetable of the day, but they may choose to not participate if they do not like or cannot eat the fruit or vegetable offered. Please encourage your child to participate in the FFVP, as this will show your support of healthy food choices and willingness for your child to try new foods. If you have any questions about this program, please contact the Nutrition Services Department.

## Naturally Infused Strawberry-Kiwi Water

### Ingredients:

- 1 kiwi peeled and sliced
- 4 strawberries hulled and sliced
- 10 leaves mint
- Ice optional

### Directions:



1. Place the kiwi slices, strawberry slices, and mint leaves into a 1/2 gallon pitcher
2. Fill the pitcher with water and add ice if desired
3. Refill with water and ice as needed.
4. Discard after 24 hours



For More Information on FFVP:

[WWW.USDA.GOV/FFVP](http://WWW.USDA.GOV/FFVP)

# JANUARY FFVP

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1	2	3	4 <b>Celery:</b> <ul style="list-style-type: none"> <li>Believed that ancient Egyptians used wild celery in their ceremonies.</li> <li>Celery is known to contain magnesium and essential oils that help regulate the nervous system</li> </ul>
7 	8 <b>Jicama:</b> <ul style="list-style-type: none"> <li>A root vegetable native to Mexico, Central and South America</li> <li>It can taste similar to a savory apple</li> <li>Good source of Vitamin C, fiber, and antioxidants</li> </ul>	9	10	11 <b>Broccoli:</b> <ul style="list-style-type: none"> <li>California produces 90% of US broccoli</li> <li>Thomas Jefferson brought broccoli to America from Italy</li> <li>One cup of broccoli contains the same amount of vitamin C as one orange</li> </ul>
14	15 <b>Cantaloupe:</b> <ul style="list-style-type: none"> <li>Good source of vitamin A and C</li> <li>Part of the melon family, related to watermelon, cucumber, and even pumpkins</li> </ul>	16	17	18
21	22 <b>Red Grapes:</b> <ul style="list-style-type: none"> <li>Good source of Vitamin K and C</li> <li>Grapes are botanically classified as berries</li> <li>Raisins are dried, sweet grapes</li> </ul>			25 <b>Sweet Pepper:</b> <ul style="list-style-type: none"> <li>The longer a pepper ripens, the sweeter it will become</li> <li>“Capsicum Annum” is the scientific name</li> <li>Full of many nutrients including copper, iron, and zinc</li> </ul>
28	29 <b>Orange:</b> <ul style="list-style-type: none"> <li>There are over 600 varieties</li> <li>Great source of Vitamin A &amp; C</li> <li>For every citrus flower bud that turns into a fruit, 99 fall off the tree</li> </ul>		31	