

# January

## Participating Elementary Schools

- ◇ **Benton**
- ◇ **Bryant**
- ◇ **Fairmount**
- ◇ **Glendale**
- ◇ **Korte**
- ◇ **Luff**
- ◇ **Mallinson**
- ◇ **Mill Creek**
- ◇ **Ott**
- ◇ **Procter**
- ◇ **Randall**
- ◇ **Santa Fe**
- ◇ **Spring Branch**
- ◇ **Sugar Creek**
- ◇ **Sycamore**
- ◇ **William Southern**
- ◇ **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.



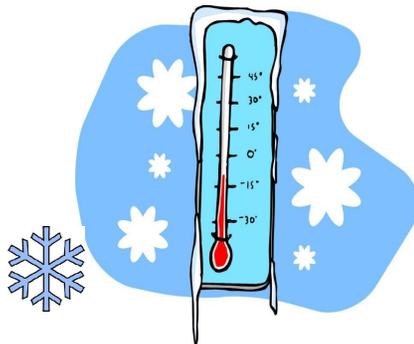
For More Information on FFVP:

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

Independence School District Nutrition Services

1400 West Geo Space Drive

Independence, MO 64056 816-521-5371



## Fresh Fruit And Vegetable Program

### What is FFVP?

The Fresh Fruit and Vegetable Pro-gram (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.

## Pineapple Pudding Dip

### Ingredients:

- \* 8 oz cream cheese, softened
- \* 8 oz Cool Whip
- \* 16 oz can crushed pineapple with juice
- \* 1 (3.4 oz) box Jell-O Cheesecake Flavored Instant Pudding



### Directions:

- \* 1. Mix together the cream cheese, pudding mix (dry) and pineapple with juice.
- \* 2. Fold in the Cool Whip
- \* 3. Serve with fruit or graham crackers
- \* Refrigerate leftovers



# JANUARY FFVP

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
 <p>2.</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p> <p><u>KIWI</u></p> <ul style="list-style-type: none"> <li>* Originally known as "Chinese Gooseberry"</li> <li>* Kiwi can produce fruit up to 30 years</li> <li>* Helps with food digestion and boosts immune_system</li> </ul>
<p>9</p>	<p><u>CUCUMBER</u></p> <p>10</p> <ul style="list-style-type: none"> <li>* Contains most of the vitamins you need every day</li> <li>* Cucumber have been used to shine shoes</li> <li>* Originated in India 3000 years ago</li> </ul>	 <p>11</p>	<p>12</p>	<p><u>PINEAPPLE</u></p> <p>13</p> <ul style="list-style-type: none"> <li>* One pineapple can take 2 years to grow</li> <li>* Great source of manganese &amp; Vitamin C</li> <li>* The top of a pineapple can be planted to grow more</li> </ul>
 <p>16</p>	<p><u>GRAPE TOMATO</u></p> <p>17</p> <ul style="list-style-type: none"> <li>* Low calorie &amp; high in fiber</li> <li>* 1/3 size of a regular tomato</li> <li>* As the name implies, grows in grape-like bunches</li> </ul>	<p>18</p>	<p>19</p>	<p><u>RED GRAPES</u></p> <p>20</p> <ul style="list-style-type: none"> <li>* 8,000 different types of grapes</li> <li>* Good source of Vitamin K &amp; C</li> <li>* Raisins are dried, sweet grapes</li> <li>* Come in many colors: green, red, black, yellow, pink, and purple</li> </ul>
<p>23</p>	<p><u>ZUCCHINI</u></p> <p>24</p> <ul style="list-style-type: none"> <li>* One zucchini is called a "zucchini"</li> <li>* April 25th is National Zucchini Bread Day</li> <li>* Has more potassium than a banana</li> <li>* Only fruit that starts with the letter Z</li> </ul>	 <p>25</p>	<p>26</p>	<p><u>STRAWBERRY</u></p> <p>27</p> <ul style="list-style-type: none"> <li>* First fruit to ripen in the spring</li> <li>* Contain many antioxidants</li> <li>* If all strawberries produced in California in a year were laid berry to berry, they would go around the world about 15 times</li> </ul>
<p>30</p>	<p><u>CARROTS</u></p> <p>31</p> <ul style="list-style-type: none"> <li>* Carrots contain beta-carotene which helps with eye sight</li> <li>* Carrots have a higher natural sugar content than all other vegetables, except beets</li> <li>* Americans eat, on average, 10 lbs of fresh carrots per person per year</li> </ul>			