

May 2014

FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & AMERICORPS



Spring 2014

Farm To School News

This week your student tasted fruit!- Frozen fruit!

Fruit that is frozen can be a great snack of mealtime surprise. Fruit is one of the 5 food groups, and should be eaten every day! It is very important that we eat fruit because fruit has lots of fiber and nutrients to help us be healthy!



Fruit should be one of the larger sections on our food plate. No cooking needed; just wash. Easy to prepare and serve.

Let's make the choice to eat more fruits this month!

What is your favorite fruit?

Write your answer here:

This Week We Tasted: Frozen Fruit

- Not all oranges are orange! In fact oranges in Brazil are ripe when they are green on the outside!
- Japanese Yubari Cantaloupes are some of the most expensive fruit ever sold; two of these melons once sold for \$23,500 dollars!
- One pomegranate can have more than 1000 seeds inside!

Source: <http://www.buzzfeed.com/rachelysanders/surprising-facts-about-fruit>

Joke Time!

What kind of apple has a short temper?

A CRAB apple!

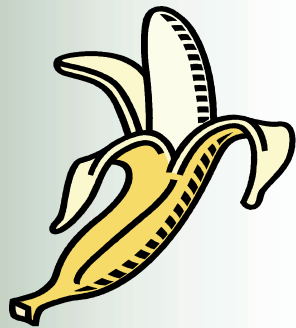


Why Farm to School?

It's good for your kids - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

It's good for schools - School meal participation increases when farm-fresh food is served, thus bringing in more funding to schools.

It's good for local farmers - Schools provide local farmers with a new or expanded market.



Make this Strawberry Smoothie at home!

Needs: 8 strawberries, 1/2 cup of vanilla yogurt, 1/2 cup of skim milk, and 6 ice cubes.

Step 1: Toss all the ingredients into a blender.

Step 2: Blend until smooth and creamy.

Step 3: Pour into a glass and enjoy!



Who Are We?

We are the DATCP AmeriCorps Farm to School representatives in Waupaca County. The goal of the AmeriCorps Farm to School program is to provide an innovative approach to promoting healthy eating habits in students and increasing access to local foods in schools.

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Waupaca County UW-Extension

Waupaca, WI

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