

FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & AMERICORPS



This week your student tasted Clementines!

Clementines taste like a small, tart and sweet orange. They are similar to other small citrus fruits

such as tangerines, satsuma, and mandarin oranges

What is your favorite citrus fruit?

Fill in your answer here.

Check out this website with great Clementine facts:

http://healthymeals.nal.usda.gov/hsmrs/NJQuickSteps/NJ_Qk_Steps_Participant/Clementines.pdf

Let's make the choice to eat a variety of plant parts, and to eat more *Wisconsin* fruits and veggies!

Clementine, Mandarin, Satsuma and Tangerine

Remind me again which one am I?



© FruityCuties.com

This Week We Tasted: Clementines

- Clementines were first brought to the United States in 1982
- They are a great source of vitamin C!
- They are available year round in grocery stores
- In the U.S. they grow in Florida and California

Source: http://healthymeals.nal.usda.gov/hsmrs/NJQuickSteps/NJ_Qk_Steps_Participant/Clementines.pdf

Joke Time!

Knock Knock!
Who's there?
Orange.
Orange who?
Orange you glad I'm here?



Why Farm to School?

It's good for your kids - Fresh,

locally grown fruits and vegetables taste great and

help keep you 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.



Who Are We?

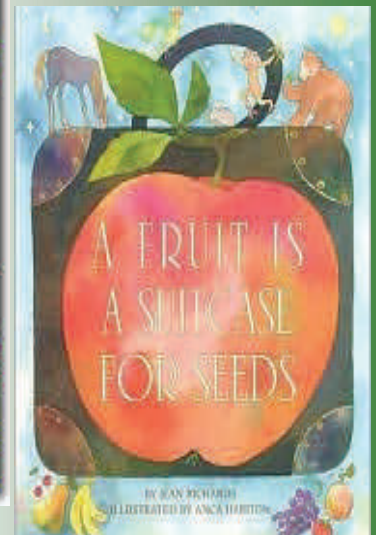
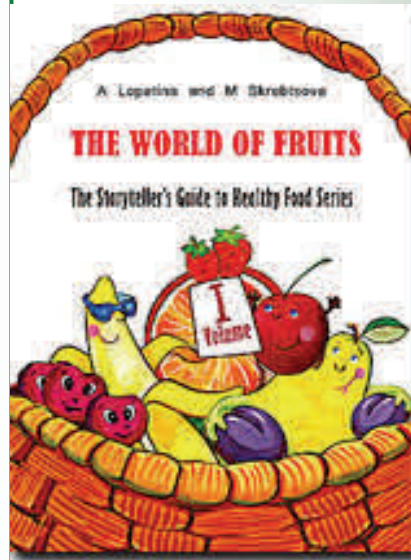


We are the DATCP AmeriCorps Farm to School representatives in Waupaca County.

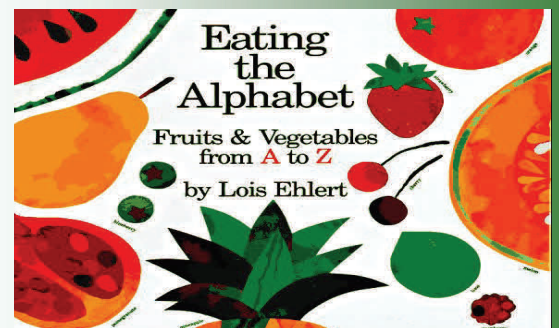
The goal of the AmeriCorps Farm to School program is to provide an innovative approach to promoting healthy eating habits in students and increasing access to local foods in schools.

For questions contact:

Connie Abert
connie.abert@ces.uwex.edu
Waupaca County
UW-Extension Waupaca, WI



Check out these books!



We Teach, Learn, Lead, and Serve

University of Wisconsin, U.S. Department of Agriculture and Wisconsin Counties Cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

