



FEBRUARY UPDATE

FRESH FRUIT & VEGETABLE PROGRAM

Let's Get Gardening!



Planting fruits and vegetables with your child is a great way to get them involved in healthy eating. Kids are natural gardeners; they love to play in the dirt and get messy! By

allowing them to grow and take care of their own food, they are more likely to try different fruits and vegetables. Gardening is also a wonderful science experiment that allows your child to observe the plant's life cycle. At a very young age, kids can help by digging holes and adding seeds. As they reach elementary school, they can do even more. Below are some tips for getting started when spring comes around!

- **Plan for success:** Allow your child to help design the garden and choose what plants they would like to grow (within reason). Choose fruits and vegetables that grow quickly. Kids like to see results!
- **Start simple:** Plants that are easiest to grow include sunflowers, lettuce, snow peas, cherry tomatoes, carrots, potatoes, pumpkin, corn, zucchini, and strawberries. Begin with two or three so the child does not become overwhelmed.
- **Let them decide:** If your child is only interested in digging, let them do just that. Your child may need assistance with unfamiliar tasks. Allow them to get involved in any way that they prefer.
- **Talk about it:** Keep children engaged by asking questions. "How much do you think our sunflower has grown?" Suggest making a journal to keep track of the plants growth. Add pictures that you can look back on!
- **Eat and enjoy:** When the fruit or vegetable is ready to harvest and eat, keep your child involved in the cooking process. Talk about how the seed transformed into a yummy snack!

This institution is an equal opportunity employer.





What do we get to try this month?

- Sweet Potato
- Zucchini
- Tangerine
- Jack Fruit
- Cherry Tomato
- Star Fruit
- Strawberries



Nutritious and delicious!

Menu items subject to change based on availability.

Cut Out

Roasted Vegetables

Serves: 6-8

Ingredients

- 2 zucchini, sliced
- 1 large sweet potato, peeled and chopped
- 1 small onion, cut into fourths and sliced
- 1 red bell pepper, cut into strips
- ¼ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ tablespoon garlic powder

Instructions

- Preheat oven to 400°F
- Cut vegetables as listed above and place in a medium bowl
- Add oil, salt, pepper, and garlic powder to veggies and mix well
- Place on a large sheet pan and cook for about 30-35 minutes, or until tender and lightly browned
- Serve as a snack or a side