MARCH

Serving at:
HILLSIDE ELEMENTARY
TABLE ROCK ELEMENTARY
SHADY COVE SCHOOL
WHITE MOUNTAIN MIDDLE

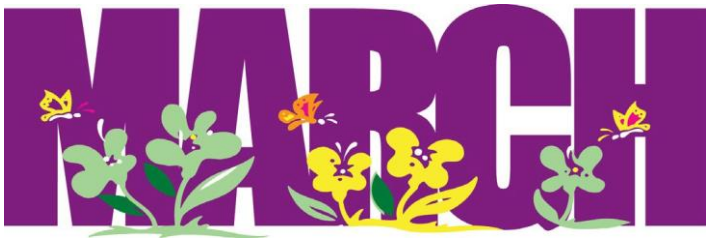
FFVP Program

2020

Fresh, Seasonal Eats 4 Better Health

The goal of this special grant program is to introduce children to fresh fruits and vegetables, including new and different varieties. Each healthy snack is paired with nutrition education which is performed in the classroom. Follow along at home with these fun facts and healthy recipes at the end of the calendar! Click on the boxes for links to fun facts and nutrition education for each item.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tangerine 	3 Tomato, Red Grape	4 Cauliflower Buds	5 Pear, Asian	6 Carrot, Sticks	7
8	9 Pineapple Slices	10 Kiwi Fruit	11 English Cucumber Coins	12 Cantaloupe	13 Celery, Sticks	14
15	16 Jicama, Sticks	17 Honeydew Melon	18 Beans, Green	19 Parent/Teacher Conferences	20 Parent/Teacher Conferences	21
22	23 	24 	25 	26 	27 	28
29	30 Carrots, Organic Rainbow	31 Citrus Wedges: Orange, Lemon, & Lime	March's Fresh Pick of the Month is Kiwi!			



FRESH, SEASONAL EATS 4 BETTER HEALTH

Get IntoThe GameWith

KIWI FRUIT

Kiwifruits are small and round shaped. They are fuzzy brown on the outside and bright green with tiny black seeds on the inside. Yes, the skin can be eaten or it can be peeled off. There are over 400 varieties of kiwifruits. The Hayward is the most popular in the United States. California produces about 98% of the kiwifruits grown in the United States.

The kiwifruit originated in China over 700 years ago where it was called the “Chinese Gooseberry.” In 1962, it was first shipped to the United States and renamed “Kiwifruit” after New Zealand’s national bird, the “kiwi.” In North American, South America, and Europe the “fruit” part of the name is usually dropped, and simply called “kiwi.”

Kiwifruits are usually eaten raw. They can be eaten whole like an apple or cut into quarters like an orange. Another way to eat them is to cut them in half and scoop out the flesh with a spoon.

Nutrition NOTES

Kiwifruits are a good source of fiber, vitamin C, vitamin E, and Potassium. They are also the richest source of lutein among fruits and vegetables. Lutein is a phytochemical proven to be effective in reducing the risk of cancer.

Kiwi, Strawberry, and Spinach Salad

Ingredients:
2 Tablespoons Raspberry Vinegar
2 ½ Tablespoons Raspberry Jam
1/3 Cup Vegetable Oil
8 Cups Spinach, rinsed & torn into bite-size pieces
½ Cup Walnuts, chopped
8 Strawberries, quartered
2 Kiwis, peeled and sliced

Directions:
Mix together Raspberry Vinegar, Raspberry Jam, and Vegetable Oil in a small container.

Combine Spinach, Nuts, Strawberries, and Kiwi in a salad bowl. Toss with Raspberry Dressing.

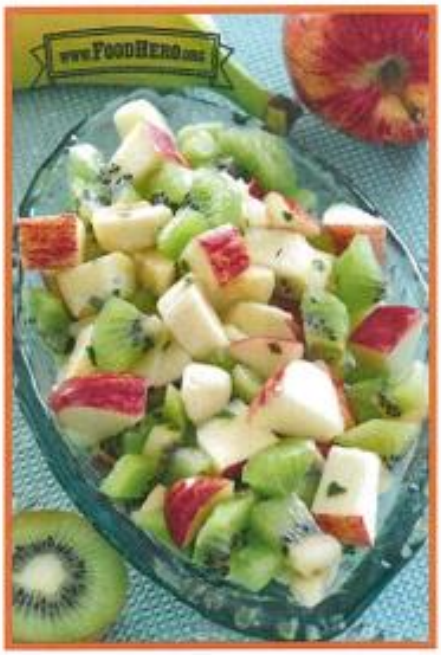
Nutrition Facts:
Per serving: 169 calories; 14.2 g fat,
10.3 g carbohydrates; 2.3 g protein,
0 mg cholesterol; 25 mg sodium

Kiwi, Banana and Apple Salad

Ingredients

Makes: 3 cups
Prep time: 20 minutes

- 4 ½ teaspoons **lime juice** (about 1 lime)
- 1 ½ teaspoons **oil**
- 1 ½ teaspoons **sweet onion**, minced
- 1 teaspoon **vinegar**
- 1 teaspoon **honey**
- ⅛ teaspoon **salt**
- 2 medium **kiwis**, peeled
- 1 medium **banana**
- 1 medium **apple** [3" diameter] (or **pear**)
- 1 Tablespoon fresh **mint**, chopped (optional)



Directions

1. Mix lime juice, oil, onion, vinegar, honey and salt in a medium bowl.
2. Chop kiwis, banana and apple into small cubes.
3. Add fruit and mint (if using) to the dressing; toss to coat.
4. Refrigerate leftovers within 2 hours.

Notes

Honey is not recommended for children under 1 year old. Try brown sugar.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

Serving Size 1/2 cup (81g)
Servings Per Container 6

Amount Per Serving	
Calories 60	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	

Vitamin A 2%	• Vitamin C 45%
Calcium 2%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4