



September is Fruits & Veggies More Matters Month!



It's not only the beginning of the school year, but it's also Fruits & Veggies – More Matters Month! It's a time to focus on getting students interested in trying new and different fruits and vegetables. Try these tips below:

10 Ways to Help Kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
3. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
4. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
5. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups or vegetable sides when at restaurants.
6. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
7. Ask that fruits and vegetables be offered at school functions, after school programs and in vending machines.
8. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes and soups. Top off cereal with fruits or add frozen fruits to smoothies.
9. Challenge family members to reach their daily fruits and vegetables goal. Reward the winner with a prize of his or her choice.
10. Encourage friends or relatives to offer vegetables and fruits to your children.

Source:
www.fruitsandveggiesmatter.gov

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Color Your Plate!



A plate that includes colorful vegetables is not just appealing to the eye. A wide variety of produce also provides your body with a number of health promoting benefits, such as phytochemicals, antioxidants, vitamins, minerals and fiber. It's important to eat a wide variety of colorful vegetables and fruits every day. Below are examples of some of the seasonal vegetables and fruits you are likely to find in local markets during the fall months.

Fresh, in-season vegetables include:

Beets	Cauliflower	Spinach
Broccoli	Collards	Winter Squash
Turnips	Eggplant	Sweet Potatoes
Cabbage	Pumpkin	Brussels Sprouts
Carrots	Snow Peas	

Fresh, in-season fruits include:

Apples	Grapefruit	Persimmons
Bananas	Tangerines	Pomegranates
Quinces	Kumquat	Cranberries
Kiwi	Oranges	Clementines
Grapes	Pears	

Source: www.fruitsandveggiesmatter.gov



Chartwells Encourages Students to *Eat LOCAL Fruits and Vegetables*

We are pleased to partner with and support various farms around the country, by promoting local produce and creating awareness of the many health benefits of eating well and buying local. As part of our commitment towards sustainability, all Chartwells' school districts are participating in what hopes to become an annual event, "It Takes You – Eat Local" during the week of September 21 - 25, 2009. During this time all Chartwells schools across the nation are encouraged to feature at least one or more locally grown produce items on their menus daily. Over 500 school districts will have access to locally grown produce such as apples, tomatoes, corn, peppers, yellow squash, zucchini, cabbage and eggplants, when in season.



Chartwells is able to work closely with the farms, where local produce is grown exclusively for them, by partnering with local produce distributors. And to ensure food safety, all of Chartwells' vendors undergo a rigorous quality assurance certification.

"We're excited to be pro-active and work closely with area farmers to bring great tasting, locally grown fruits and vegetables from farms to our students in schools," said Margie Sidel, MPH, RD and Director of Nutrition for Chartwells. "Our hope is that by supporting local farmers today, farms continue to thrive in local communities tomorrow, and that future generations of students will have access to nourishing and flavorful fruits and vegetables."

Compass Group North America, Chartwells' parent company, will extend the September "It Takes You – Eat Local" campaign to other markets served, such as higher education and corporate dining, due to their overall pledge of encouraging responsible and sustainable practices in their supply chain. All around, the promotion will educate students and customers about sustainability practices, the benefits of eating fresh, local produce and how buying local affects our communities and wellness.

Food Focus: Red Peppers

Red peppers contain twice as much vitamin C than green peppers

Entirely free of fat, and cholesterol

Don't buy peppers that are dull, shriveled or pitted

Bell peppers grow on a vine

Eat five to nine servings of fruits and vegetables each day

Least expensive in summer

Low calorie snack with about 40 calories for one pepper

Peppers contain antioxidants for healthy skin

Eat sliced raw red peppers for a nutrient dense snack

Perfect source of vitamins A and C

Phytochemicals are health promoting substances found in all fruits and vegetables

Every bell pepper is picked by hand

Red is sweeter than green



& Apples



Apples are a great source of fiber

Protect cut apples from browning by dipping in one part citrus and three parts water

Phytochemicals are contained in apples which have amazing health benefits

Lots of varieties are grown in the US; about 2500

Expect to wash a fresh apple with soap and water before eating