Farm to School: Highlighting Local Fruits & Vegetables



March

Materials to inspire your USDA Fresh Fruit & Vegetable Program

Use these Vermont products in your snack program this month:



Celebrating...

NATIONAL SCHOOL BREAKFAST WEEK

— First Week of March —







Other March Celebrations

If you need assistance locating these products, see the Resource section.

National Nutrition Month eatright.org/nnm

Baseball Spring Training starts!

springtrainingonline.com

ATIONAL SCHOOL BREAKFAST WEEK was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and the links between eating a good breakfast, academic achievement and healthy lifestyles. *National School Breakfast Week* is an opportunity to highlight the important, positive role of school breakfast in our nation. School meals have been shown to improve the nutritional health of children, improve academic performance, reduce behavior problems, and prevent obesity. You can find more information at schoolnutrition.org and hungerfreevt.org/what/school-meals.

So you thought vegetables weren't good for breakfast?!



Here are a few delicious ideas...

- Vegetable Frittata
- Squash Pancakes
- Maple Roasted Root Vegetables

See RECIPES
section on our website
for these and other
recipe ideas

Brought to you by VT FEED and VT Agency of Education. VT FEED is a partnership of Shelburne Farms and NOFA-VT. Funded by a USDA Specialty Crop Block Grant through VT Agency of Agriculture, Food, & Markets.

All FFVP materials available at: vtfeed.org/feed-resource-library



Growing School Breakfast Participation

There's more than one way to serve breakfast!

- Classroom Breakfast
 Offering breakfast in the
 classroom in elemen tary schools can see an
 increase in participation
 between 60-100%.
- Grab-and-Go Breakfast Bags

All the components of school breakfast are conveniently packaged so students can grab a bag quickly, either from the cafeteria line or from carts on school grounds.

 Second Chance Breakfast

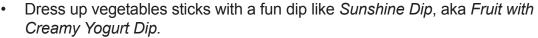
Some schools offer "second chance breakfast" between first and second periods. Breakfasts are available in the cafeteria, from "graband-go" carts in the hallway, or in other high traffic areas.

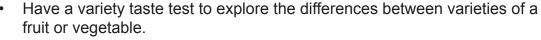
ACTIVITIES for

NATIONAL SCHOOL BREAKFAST WEEK

- **Educate students** about the importance of a healthy breakfast and the nutrients essential for high performance.
- **Serve breakfast** in your classroom.
- Conduct a trivia game with a breakfast or nutrition theme.
- Invite parents and other special guests such as a local farmer, the mayor or local basketball team.
- Ask students to write about their favorite breakfast and how it helps them learn.
- **Have students create posters** of their favorite breakfast foods and hang them in the cafeteria.
- ★ **Get others involved!** Speak to teachers, administrators, and parents to gather support for a *National School Breakfast Week* celebration.
- ★ Publicize National School Breakfast Week on the back of your school menus, in school newspapers and on your website.

snack o tes





Make vegetable chips. Turnips, parsnips, and kale are great options.





See RECIPE section for more ideas