



Use these Vermont products in your snack program this month:



◀ Apples
Beans
Beets
Blueberries
Broccoli
Brussels Sprouts ▼
Cabbage
Carrots
Cauliflower
Celery
Chard
Corn



Cucumbers
Eggplant
Fennel
Greens
Kale
Leeks
Lettuce



◀ Onions
Parsnips
Peppers
Potatoes
Pumpkins
Radishes
Raspberries
Scallions
Spinach
Summer Squash
Tomatoes
Turnips
Winter Squash

Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.

Celebrating...

HUNGER ACTION MONTH



Hunger currently plagues over 50 million people in America, including 1 in 5 children. Contributing factors to hunger are low wages, unaffordable housing, unemployment, lack of public transportation, as well as a decrease in local and affordable grocery stores. In the United States, the National School Lunch Program (NSLP), the School Breakfast Program, and Women, Infants and Children Program (WIC) work to alleviate child hunger by providing supplemental nutrition and meals. Hunger Action month builds support for and understanding of child nutrition and its benefits toward overall health, academic performance, and obesity prevention. By bringing awareness to the problems of hunger, students, teachers, and families can join the movement to alleviate hunger through education and advocacy. More information can be found at hungeractionmonth.org/.

Other September Celebrations

National Honey Month:

<https://www.honey.com/tools-tips-and-resources/c/educational>

International Peace Day: www.un.org/en/events/peaceday/

Hunger in the United States

- 1 in 5 children or about 16 million children in the United States struggle with hunger.
- More than 20 million children qualify for free or reduced-price lunch each day.
- Nearly half of the children in the U.S. receive help from the Supplemental Nutrition Assistance Program (SNAP) during their lives.
- SNAP monthly benefits average \$133.85 per person or \$1.46 per meal.
- Hunger can affect growth and development in children and increase the risk of heart disease, cancer, stroke, diabetes, obesity, and osteoporosis.

Statistics found at:

- nokidhungry.org/problem/hunger-facts
- cdc.gov

Resources

More ideas and activities for Hunger Action Month can be found at:

- hungerfreevt.org
- choosemyplate.gov

ACTIVITIES for HUNGER ACTION MONTH

- ★ **Hunger Tree:** Students brainstorm the causes of global and domestic hunger, how it affects both individuals and society, and identify actions to help alleviate the problem. More details at wfp.org/students-and-teachers/classroom-activities

- ★ **Meal Tickets:** Provide meal tickets representing affordable meals according to socioeconomic backgrounds in the country or the world. Prepare the meals in class for lunch, or send students home with recipes to try them. What did they think? Do they feel fulfilled? Or hungry?

- ★ **Food Drive for local Food Shelf:** Have students bring in canned foods. Contact your local food shelf to learn more about their specific needs.

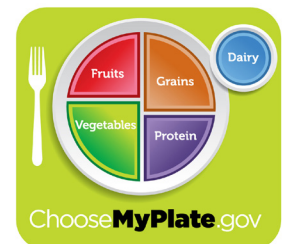


See the **Education Activities & Connections Section** for more ideas.



SNACK bites

- **Teach kids about MyPlate.** Discuss the importance of eating a balanced diet, especially fruits and vegetables
- **Cut up vegetables into easy-to-eat sticks.** Try carrots, celery, rutabaga, or cucumbers. Eat with Sunshine dip, hummus, or plain.
- **Make Red Cabbage Salad** with apples, carrots and a tasty dressing. Teach students about varieties of cabbage, apples, and other vegetables.
- **See MyPlate for more recipes.** choosemyplate.gov/preschoolers/healthy-habits/snack-ideas.html



See **RECIPE** section for more ideas