



Use these Vermont products in your snack program this month:

Asparagus ►
Chard
Greens
Peas
Lettuce
Radishes
Rhubarb
Scallions
Spinach
Strawberries ◀



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

Celebrating...

NATIONAL FRESH FRUIT & VEGETABLE MONTH



Other June Celebrations

National Dairy Month:
[nationaldairyCouncil.org/
PressandMedia/Pages/
NationalDairyMonth.aspx](http://nationaldairyCouncil.org/PressandMedia/Pages/NationalDairyMonth.aspx)

Great Outdoors Month
[letsmove.gov/
blog/2012/06/13/june-
great-outdoors-month](http://letsmove.gov/blog/2012/06/13/june-great-outdoors-month)

Resources

- The Centers for Disease Control Website has great tips on how and why to eat more fruits and vegetables: cdc.gov/nutrition/everyone/fruitsvegetables/index.html
- For more activities, visit USDA: <https://healthymeals.fns.usda.gov/menu-planning/fruits-and-vegetables>
- Find resources and activities at Harvest of the Month: greenmountainfarmtoschool.org/programs/harvest-of-the-month/

Celebrate this time of year by enjoying fresh and seasonal fruits and vegetables. National Fresh Fruit and Vegetable Month supports eating a variety of produce that provide fiber, folate, potassium, antioxidants and vital vitamins A and C as well as helping to manage weight. Participate in local and seasonal food production by getting a farm-share in a CSA (Community Supported Agriculture), visiting your local farmer or farmer's market, or going berry picking. Check out more resources at: healthymeals.nal.usda.gov/features-month/june/national-fresh-fruit-and-vegetable-month

Taste Test Tips

Students are often reluctant to try new foods. Taste tests introduce new menu items to raise awareness about healthy food choices, involve the school community in recipe development, and build a culture of trying new foods.

- **Have a regular schedule.** Commit to taste tests on a certain day each month; this aids planning and makes taste testing a predictable part of school culture.
- **Choose appropriate recipes.** The best recipes are simple and inexpensive to make so they can be easily added into the regular school meal program.
- **Use local ingredients.** This is a great way to include more local food in your school's meals and generate enthusiasm for local eating.
- **Involve students.** When students are involved in preparing, serving, and surveying other students during a taste test, they are more willing to try new foods. Work with teachers to create a schedule for classes to participate in taste tests.
- **Recruit volunteers.** Parent volunteers can be helpful during taste tests, especially for serving or helping to prepare food. Place a note in your school newsletter asking volunteers.
- **Advertise.** Generate excitement for your taste tests by announcing them in the school newsletter, take-home letters for parents and morning announcements.

ACTIVITIES

for

FRESH FRUIT & VEGETABLE MONTH

- ★ **Fruit and Veggie Stamping:** Pick fruits or veggies with interesting shapes (beets, onions, and apples are good options) and cut them top to bottom, through the center. Paint designs on them or press in paint or ink and then stamp onto paper. Set paper aside to dry. Be sure that clothing or other valuables are safe from staining.
- ★ **Plant-Part Identifying:** Discover the 6 parts of a plant. Have students label plant parts and brainstorm examples of foods they eat that represent each part. More info at: edibleschoolyard.org/resource/plant-part-salad-activity.
- ★ **Visit a Farmer's Market:** Ask children to find certain colored fruits or vegetables or make a scavenger hunt to find specific produce.
- ★ **Plant a Veggie Garden:** Planting a vegetable garden is a great way to increase children's interest in trying new and healthy foods. Check out the "Top Ten Plants to Grow with Kids" in the Resource section.
- ★ **Vegetable Builders:** Make vegetable buildings, animals, and people out of cut up vegetables, toothpicks and cream cheese for "glue."



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

SNACK bites

- **Variety Taste Test:** Pick a fruit or vegetable (try radishes, peas, tomatoes or carrots) and taste test all of its varieties. Discuss heirloom varieties and have students compare the difference in colors, sizes, shapes, and growing environments. Ask your local gardening store or your seed company website for ideas on varieties.
- **Make rainbow kabobs!** For each color of the rainbow put a piece of fruit or vegetable on a skewer.



See **RECIPE** section for more ideas