NUTRITION IN ACTION



# Fruit: SO Sweet and Good for you TOO!

## Need more information about this month's topics?

Here are some sites where you can find more nutrition resources for students, families, and staff:

### FRUIT, FRUIT, and MORE FRUIT:

As we mentioned before, the number one online resource for produce information is **Fruit and Veggies More Matters®** at **http://www.fruitsandveggiesmorematters.org/**. The recipes are family-sized for you to send home - or to adapt for school meals. Be sure to check out *Technicolor Vegetable Pizzas*, *Crazy Curly Broccoli Bake*, and *T-Rex Tortilla Pizza*. Remember, the companion site for children - **Food Champs** at **http://www.foodchamps.org/** - has lots of **free** downloads (perfect for your classroom presentations).

### PROMOTING FRUITS AT SCHOOL :

***Harvest of the Month*** (**http://www.harvestofthemonth.com/**) from the California Department of Public Health is "*designed to motivate and empower students to increase consumption and enjoyment of a variety of colorful fruits and vegetables every day*." The **free** downloads include educator, family and community newsletters (some in Spanish as well as English), along with ideas for school menus.

### WINNING FRUIT (and veggie) PHOTOS FOR YOUR PRESENTATIONS:

We all know that a picture can be worth thousands of words! The **Produce for Better Health Foundation** website offers a series of diverse photos from an *Eat Your Colors Every Day: Salad Bar and Salad Options Pilot Program* (**www.pbhfoundation.org/foodservice/schools/operators/guides/saladbar/photos.php**). You can download the photos **freely** and use them in a slide presentation or on your website.