



# Child Nutrition Council of Manitoba

## Vegetable and Fruit Program Newsletter

**Reports!** Thank you for your comments, tips, recipes, education ideas, pictures and stories - please keep them coming so we can keep sharing.

### Snack Ideas that Work

Pineapple - Potato Soup – Pomelo - Asparagus Sandwiches – Carrots - Fruit Parfaits – Peppers - Taco Salad – Kiwi - Orange Smoothies – Snap Peas - Apple Wraps – Broccoli - Potato Pancakes - Sweet Potato Fries – Potato Nachos – Fruit Pizza – Mixed Vegetable Platters – Vegetable Soup



#### Lettuce Roll Ups

Finely dice chopped tomato, cucumbers and red onions, have children roll up in lettuce leaves.

- Mashed sweet potato was added to the macaroni and cheese. The children really liked it and a parent asked for the recipe.
- We always serve pudding and Jell-O, but now I am doing something different, I am adding sliced bananas to the pudding and I added mandarin oranges to the Jell-O.
- The teens were grossed out by the idea of potato pancakes, but loved them once they tried them.
- Everyone thought the idea of PB & pomegranate sandwiches would be disgusting, but when they tried them they really liked them “tastes just like jam”. One of the volunteers took the idea home to make for his kids.
- We served steamed vegetables – anyone who wanted to try them could use chopsticks.

## Education

- We discussed different kinds of fruits, from different places around the world.
- We found that most of the learning happens through preparing the fruits and vegetables.
- The parents enjoy coming in and reading the healthy fact board. A few of the parents have tried some of the fruits and vegetables we have served.
- A lot of staff are not familiar with preparing a wider variety of fruits and vegetables so they are learning too!
- When we have leftovers we encourage parents to try the vegetable and fruit snacks when they pick up their children.
- We served oranges this year at our Christmas breakfast instead of fried hash browns.
- We had a vegetable and fruit tasting party for parents at our board meeting, we offered dragon fruit, star fruit, persimmons, asparagus, and snow peas.
- We played “Foreign Fruit Forensics”. We had children guess the name and location of origin of fruit. We asked them to draw and color the fruit as best as they could, guess the color of the inside of the fruit, and confirm what color the fruit actually was inside. We also asked them to record how they liked the taste of the “foreign” fruit.
- We have students pick a new vegetable or fruit that begins with the same letter as their name.



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