

# Child Nutrition Council of Manitoba

## Vegetable and Fruit Program Newsletter

### Vegetable Soup

#### Ingredients

- 4 tablespoons olive or vegetable oil
- 2 cups chopped onions
- 2 tablespoons finely minced garlic
- 2 cups carrots, peeled and chopped (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh or frozen green beans, broken or cut into 3/4-inch pieces
- 8 cups chicken or vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes or canned
- 1 cup frozen corn
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped h parsley leaves
- 1 to 2 teaspoons lemon juice

#### Directions

Heat the oil in a large, heavy-bottomed stockpot over medium-low heat. Once hot, add the onions, garlic, and sweat until they begin to soften, approximately 7 to 8 minutes. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.

Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the parsley and lemon juice. Serve immediately.

#### Draw a Pot of Soup

Draw a huge soup pot and put the picture on the wall. Invite children to draw vegetables to add to the pot of soup. A written activity could be added for older students. Have copies of a vegetable soup recipe available for parents and community members to take home.



# Nutrition Education

## % Daily Value

The % Daily Value (% DV) can help you make informed food choices. Look for it in the Nutrition Facts table on food packages.  
[healthcanada.gc.ca/dailyvalue](http://healthcanada.gc.ca/dailyvalue)



## Story Book

*What's On My Plate?* by Ruth Belor. Macmillan Publishing Co., New York, 1990. Using simple text and illustrations, the author describes the origin of some of the common things we eat.

## Oranges



**LOOK FOR:** Firm fruit, heavy for size with smooth skin, free of soft spots.

**TO STORE:** Keep at room temperature for up to one week or refrigerate for up to one month. Room temperature fruit yields the most juice.

**TO PREPARE:** Rinse, peel and eat.

# Community Resources



After The School Bell Rings is a provincial project that promotes and supports increased access and opportunities for children and youth, ages 6-12 years, to engage in physical activity and healthy living practices in the critical after school time period.

Visit the website at [www.afterschoolmanitoba.ca](http://www.afterschoolmanitoba.ca) for more information on the project and various after school program resources.