

Child Nutrition Council of Manitoba

Vegetable and Fruit Program Newsletter

Where in the World?



Needed: 10 sites interested in participating in a fun interactive activity. All sites are eligible to participate.

Purpose: This activity will be used as part of our program evaluation but will also be an educational activity incorporating nutrition, agriculture and geography.

Concept: Each participating site will receive the tools to simply track the point of origin of vegetable and fruit snacks. To complement this activity, suggestions for fun educational discussion and activities (geared toward different age groups) will be provided. If desired, sites can also incorporate their own educational components into this activity.

Further details about this activity will be provided to interested sites.

Creamy Vegetable Dip

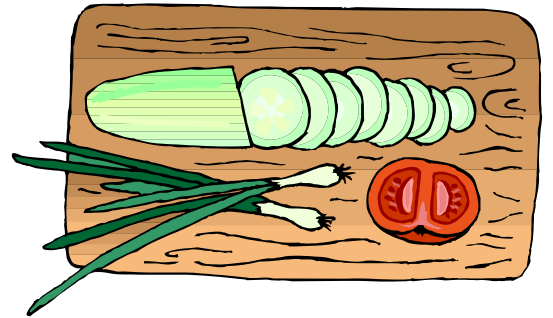
Source: Dig In Manitoba a program of Food Matters Manitoba



“Don’t automatically assume kids won’t like something just because it has different ingredients. Kids like quality food too so start developing their palate from a young age!”

Ingredients

- 1 cup full fat, organic yogurt
- 1 tablespoon Asiago, Romano or Parmesan
- 2 tablespoons Balsamic Vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon Manitoba honey
- 1/4 cup fresh, diced chives or green onions (whites)
- 1/2 teaspoon oregano
- 1 whole clove garlic



Directions

Be sure to liquefy the honey then mix all the ingredients. Serve.

The **Fruits and Veggies - Mix it up!** Campaign is a social marketing initiative aimed at helping Canadians of all ages eat more fruits and veggies to better their health. The campaign focuses on simple and practical ways to add a variety of fruits and veggies to every meal and snack.



The *Fruits and Veggies - Mix it up!*[™] campaign is meant to be fun, practical and informative and to provide tips on how to prepare fruits and veggies using different colors, flavors and textures for meals and snacks at home, at school, at work, eating out or on the go.