



## HARVEST OF THE MONTH

Wisconsin Harvest of the Month is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable. This month we have selected something a bit different but especially important in WI.

We are featuring:

### Dairy!



## F2S IN THE CLASSROOM

Some of our K-3 students have been learning about **where food comes from**, specifically about **plants**.

We have discussed plant parts, the plant life cycle, and which part of the plant some of our favorite foods come from.

Keep your eye on the [F2S Website](#) for possible virtual lessons for families and students.

## 2023 WI CHILI LUNCH!

We are excited to join other schools and institutions throughout the state to celebrate Wisconsin-grown foods!

On National Chili Day, Thursday February 23rd, we will be cooking and serving chili loaded with local ingredients! Take school lunch on the 23rd, check in next month for photos of the event!

## February Calendar

Join us Thursdays!  
Plan on School Lunch!

### Feb. 2nd

Baked Ziti with WI Cheese

### Feb. 9th

Popcorn Chicken Bowl with WI Cheddar

### Feb 16th

BBQ Chicken and WG Waffles with WI Yogurt Dessert

### Feb 23rd

WI Chili Lunch!



Visit the [Monona Grove Website](#) to apply for **free/reduced** meals!



While local fruit and vegetable availability varies throughout the year because of the cold seasons, milk is produced and available year round!

## WI Dairy Facts

- ✓ Wisconsin produces one of every four pounds of cheese in the U.S. (3.17 billion lbs. per year)
- ✓ Ninety percent of Wisconsin milk is made into cheese. That's more than 2.8 billion pounds of cheese per year, or 11 pounds for each person in the United States.
- ✓ The average dairy cow produces 6.3 gallons of milk per day and about 350,000 glasses of milk in a lifetime.
- ✓ It takes 10 liters (20 pints) of milk to make a pound of butter.
- ✓ The average American consumes over 20 gallons of milk a year



## Farm to School Joke Corner

Where do cows eat lunch?  
*In the calf-eteria.*

Why did the cow cross the road?  
*To get to the udder side!*

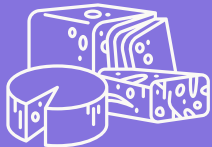
Why didn't the cheese want to get sliced?  
*It had grater plans!*

Which cheese do pirates prefer?  
*Ched-ARRR*

Why did the yogurt go to the art exhibition?  
*Because it was cultured.*



tiny fact: A Holstein dairy cow's spots are like fingerprints. No two cows have exactly the same pattern of black and white spots!



Try cheese or butter making at home!  
There are lots of free resources available  
or at your local library or online.



## February Nutrition Lesson

The **Dairy Group** includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. Most of us should have about **3 cups a day**.

When following USDA dietary recommendations, Dairy does not include foods made from milk that have little calcium and a high fat content.

*Examples: cream cheese, cream, and butter*

1 cup of Dairy =  
1 cup milk

1 cup dairy or fortified soy yogurt  
1/3 cup shredded cheese

### Other food sources of Calcium

- Calcium-fortified juices
- Calcium-fortified plant milks
- Canned fish
- Tahini
- Leafy greens like: Collards and turnip, spinach, kale and bok choy
- Certain types of tofu



## Health Benefits of Dairy

**Dairy products like: Fat-free and low-fat milk, yogurt, cheese, and calcium-fortified soy beverages provide calcium, potassium, vitamin D, and protein.**

- ✓ Calcium is used for building bones and teeth. It also helps maintain bone strength as you age.
- ✓ Potassium may help maintain healthy blood pressure, and many people do not get enough of it in their diets.
- ✓ Vitamin D help the body maintain proper levels of calcium and phosphorus, which help build maintain bones.
- ✓ Proteins function as building blocks for bones, muscles, cartilage, skin, and blood



Mr. Wes's favorite kind of cheese is SWISS. What is yours?

# Get Involved with Farm to School!



There are lots of ways to get involved with Farm to School as we continue to build the program at Monona Grove!



## Volunteer!

Throughout the year there will be opportunities for parents and families to get involved at our schools. In the spring there may be some new gardens popping up at select schools. Volunteers are also needed for some of our in school activities and special events.

If you would like to get onto the F2S volunteer list please fill out [this form](#)!



## Contribute!

If you have a recipe you would like to share, a resource, or are interested in suggesting topics related to food contact Wes!

**Do you know any local farmers or producers?** We are always looking to make more local connections to our food through classroom engagements with farmers, local taste tests, and getting more local foods onto our students' trays.



Don't forget to **check lunch menus** and have your student's **take school lunch**! Supporting the school lunch program will allow us to continue to grow!

## Donate!

The farm to school program is brand new and will continue to expand throughout the year. We are working to securing additional funds and supplies for projects currently through grant applications and upcoming fundraising events. As we work to build or expand garden areas at our schools for example, donations of garden supplies and materials from our community could greatly enhance the students access to and the impact of garden activities!

If there are farm to school components you are interested in donating to please reach out to Wes!



Contact **Wes** to get involved or to ask any questions.



# February Recipes

## Dairy Snack Ideas!

In place of formal recipes this month, here are some fun snack ideas to make sure your family includes Dairy each day. They are all customizable to fit your families tastes and can incorporate seasonal items as well:



### Kid's Cheese Platter

Make snacking on a variety of foods fun with a cheese tray for kids. Pair cheeses with bite sized fresh or dried fruits, fresh or pickled veggies, and whole grain crackers.

Some cheese suggestions for kids:

Colby  
Mild Cheddar  
Monterey Jack  
Mozzarella  
Parmesan  
Romano

### Yogurt Parfaits

Parfaits are a great way to incorporate fruit with dairy. Low sugar granola or oats are great for extra texture and to squeeze in some grains! Unsweetened yogurt allows you to adjust the sweetness level or use more simple sweeteners like honey.



### Smoothies/Kefir/Drinkable yogurt

Just like parfaits, smoothies allow you to incorporate fresh and frozen fruit into a fun and delicious snack. Plain yogurt and milk can allow you control over added sugar amounts. Kefir and drinkable yogurt are a great quick snack that are especially good for our digestive system!



**Make snacks together. Get the whole family involved!**





# Send a Recipe!

## and Local Produce

### Send a Recipe

Mr. Wes and other Farm to School members in Dane County are collaborating on a **cookbook** this spring! It will contain recipes that feature seasonal local items from schools and community members.

**If you have a recipe that you would like to share that can feature local products email Wes!**

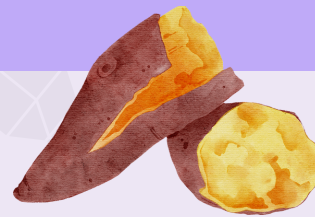


### Local Produce

Our January Sweet Potatoes were sourced from:

**Parrfection Produce -**  
*Monticello, WI*

**Chippewa Valley Produce -**  
*Elk Mound, WI*



### Check out more information on the Official Farm to School Website!

Some things you will find:

- Seasonal produce storage tips, uses, and facts
- Food and nutrition resources
- Additional updates and photos!

Check it out [HERE](#)



Follow the Monona Grove SD [Facebook](#) and [Instagram](#) pages for more updates, pictures, and events. Reach out to **Wes** with questions and suggestions!

Contact: **Wes** MG F2S Specialist - [weston.broske@mgschools.net](mailto:weston.broske@mgschools.net)

