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Vegetable Tasting Tuesdays

Once a month on a Tuesday at Madeira Elementary School (MES), students get a clue referencing a specific vegetable on the morning announcements. When they arrive in the cafeteria for lunch that day, PTO volunteers are passing out a vegetable for them to taste which is the answer to the clue. It's all a part of Vegetable Tasting Tuesdays - part of the district's goal to promote healthy eating.

After students sample that month's vegetable they are given a sticker that says, "I tried (name of veggie) today!" This school year the students have tried sweet peppers, carrot muffins, roasted butternut squash, daikon radishes, dried green peas, and spaghetti squash. During the month of March, Vegetable Tasting Tuesdays are held every Tuesday instead of one. It's part of National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics.

This year a group of fourth grade MES students are helping promote healthy living among their peers. The group, SHAC Jr., has created a bulletin board, made posters, and planned a food drive. These 'Healthy Heroes' are Maia Currin, Henry Scott, Kaia Wallace, Beckham Vanderstelt, Max Mohamed, Cailyn Fong, Elijah Wolterman, Lyla Hoffmann, Sydney Haizlip, Tala Darnaser, Bridget Creedon and Conner Geers.

The group is also planning to plant a vertical aeroponic Tower Garden to produce bok choy, rainbow chard, and kale – as well as creating compliment boxes for students to thank the cafeteria workers who provide their healthy lunches.



MES students Ivory O'Rourke and Abby Scott at Vegetable Tasting Tuesday



National Nutrition Month bulletin board created by the students