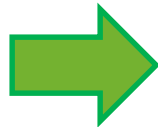




Farm to School Nutrition



Plants need air,
sun and water to grow.

**What do *YOU*
need to grow?**





Talk to a ***Registered
Dietitian*** or your
school's Cafeteria
Manager about
healthy choices.

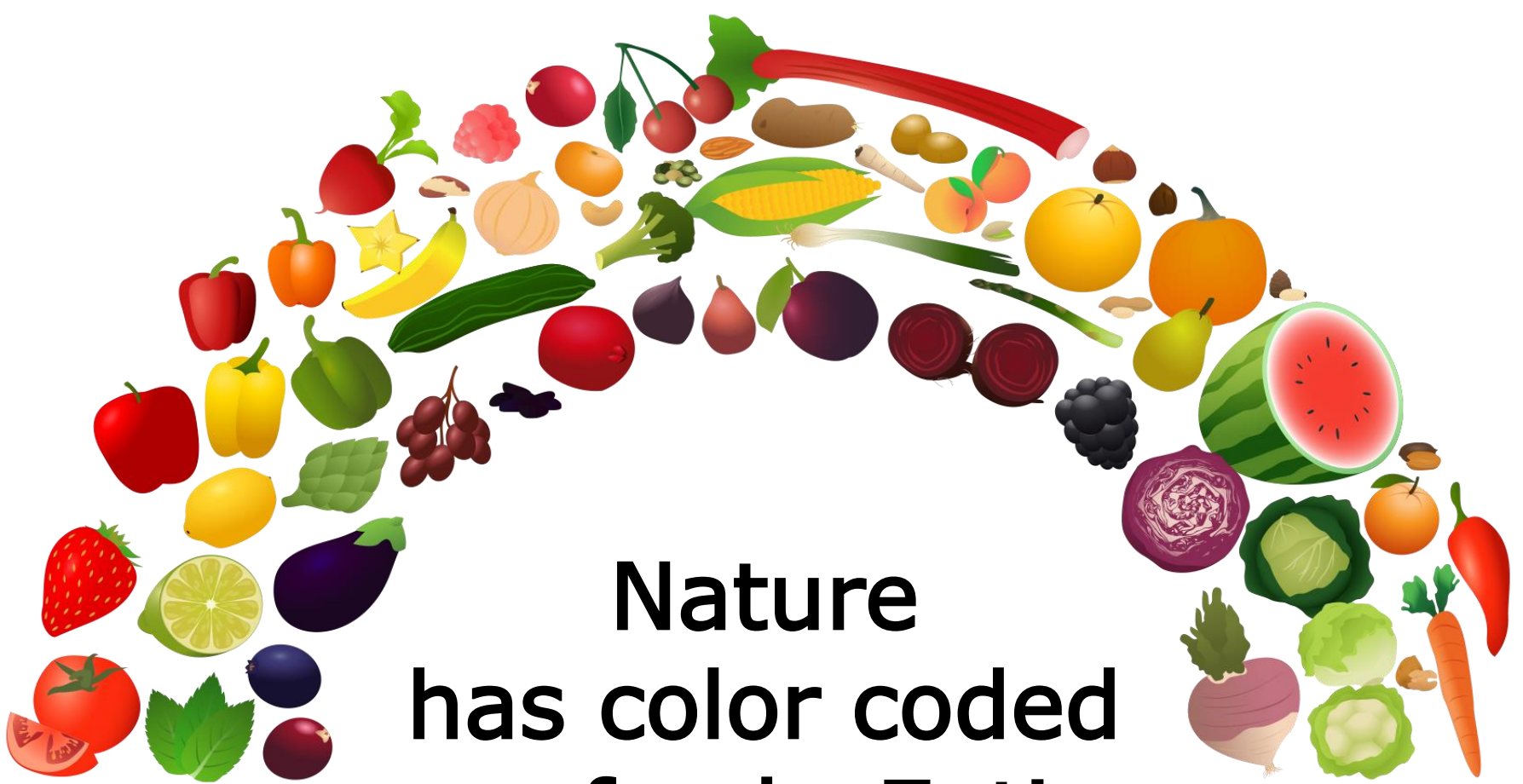
Why is Good Nutrition Important?



- Helps your body **GROW**
- Helps your body **REPAIR** body tissues like muscles and skin
- Provides all the **NUTRIENTS** we need to stay healthy
- Keeps our **IMMUNE SYSTEM** healthy so we do not get sick
- Provides **ENERGY** so that you can move and learn!



A great way to make sure you are eating the right foods in the right amounts.



Nature
has color coded
our food. Eating
a rainbow = eating the
Nutrients your body needs.

6 Essential Nutrients

1. Water

2. Carbohydrates

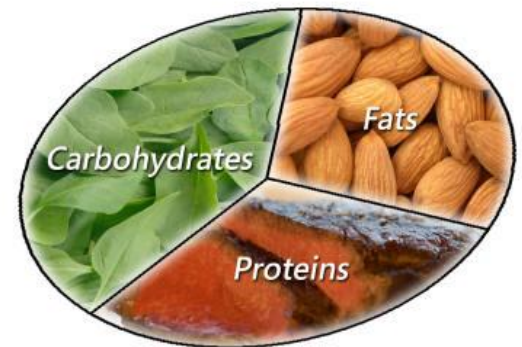
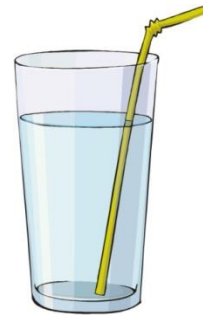
3. Proteins

4. Fats

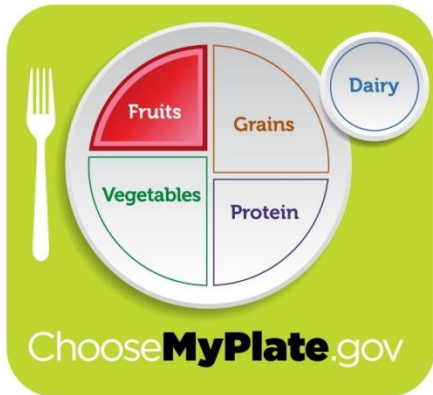
5. Vitamins

6. Minerals

We need larger
amounts of these



We need smaller amounts
of these



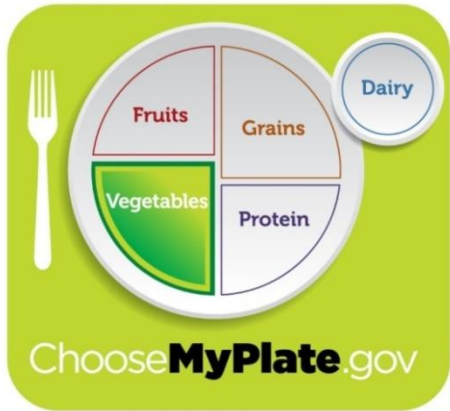
FRUIT

Fiber, Potassium,
Vitamin C, and Folic Acid

Goal: 1-1 ½ cups a day

School fruit = 1/2 cup
School juice = 3/4 cup





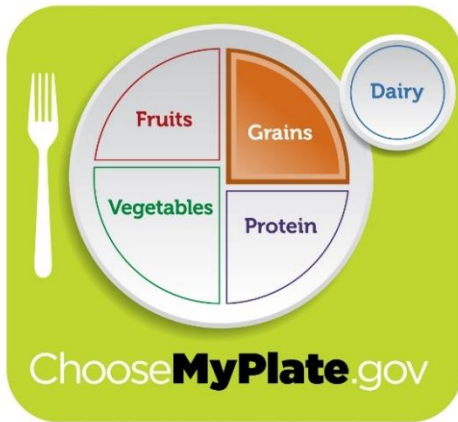
VEGETABLES

Fiber, Potassium,
Folic Acid, Vitamin A,
Vitamin E, and
Vitamin C.

Goal: 1 1/2-2 cups a day

School vegetables =
1/2 cup





GRAINS

Fiber, B vitamins,
Magnesium, Iron

Goal: 2-3 servings a day

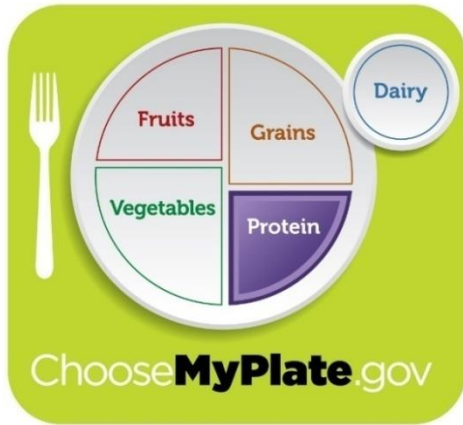
School lunch portion:

1 slice bread

or bun = 1 serving

Rice or pasta = $\frac{1}{2}$ -1
cup





PROTEIN

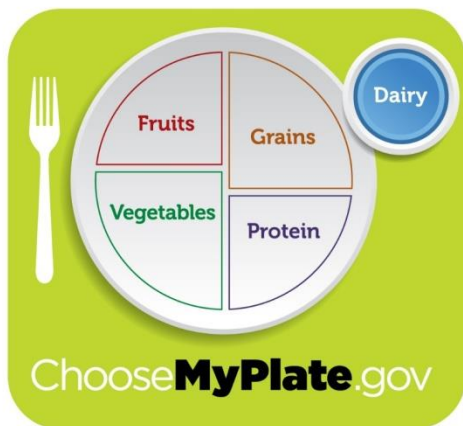
Meat, poultry, fish, beans, eggs, nuts, and seeds

Vitamin E, Iron, Zinc, Magnesium, B vitamins

Goal: 3-5 oz./day

School lunch = 1-2 oz.





DAIRY

Milk & Milk Products

Calcium, Potassium,
Vitamin D

Goal: 2-3 servings/day

1 serving =

1 cup milk or yogurt

1 piece cheese

Tip: Avoid **Nutrient Degradation**.

Vitamins and minerals can be lost by:

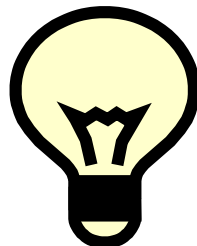
Time



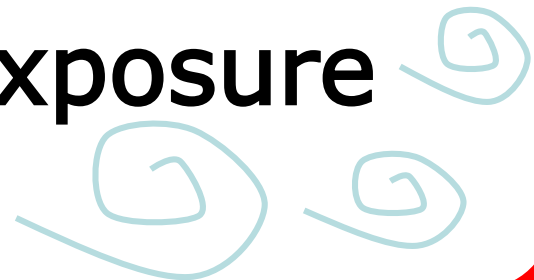
Heat



Light



Air Exposure





Farm

Day 1



Day 2



Processing
Plant

Distributor



Day 4



Day 3



Day 5



School

Which
food has
more
nutrients?



Farm



School




Get the **MOST** nutrients you can by:

- Eating locally grown foods, when possible, frozen foods when not
- Don't over-cook or process



We get new taste-buds
over time.

Try something new,
you might just
love it!

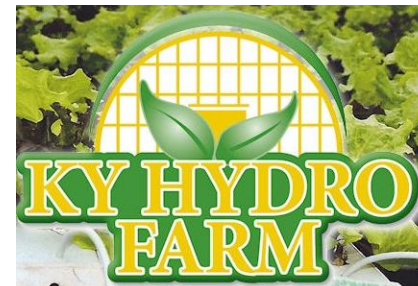


What local fruits
& vegetables do
we have at our
school?

Lettuce



- Vegetable
- Types: Romaine, Green Leaf, Bibb, Spring Mix
- High in Vitamin A, Vitamin C, and Vitamin K
- Grown above ground
- Locally grown at



Tomatoes



- Fruit
- Good source of Vitamin A and Vitamin C
- Grown above ground
- Locally grown at Jones Brothers Farm

Broccoli



- Vegetable
- High in Fiber, Vitamin C, and Potassium
- Grown above ground
- Locally grown at LeeKay LLC

Blueberries



- Fruit
- Grown above ground
- High in Vitamin C and Fiber
- Locally grown at



Watermelon



- Can be considered a fruit and a vegetable
- 92% water
- High in Vitamin C and Vitamin A
- Locally grown by



Strawberries



- Fruit
- High in Vitamin C
- Grown above ground
- Seeds in the skin contain Fiber
- Locally grown at



Butternut Squash



- Vegetable
- High in Fiber, Potassium, Vitamin A, and Vitamin C
- Grown above the ground
- Locally grown by



Your partner for standout foods.

Apples



- Fruit
- Grown above ground
- High in Vitamin C and Fiber
- Locally grown at:



Who am I

Activity



Questions to Ask

- Am I a fruit?
- Am I a vegetable?
- Am I high in Vitamin C?
- Am I high in Vitamin A?
- Am I high in fiber?
- Am I high in potassium?
- Am I grown above ground?
- Am I grown below ground?
- Am I red?
- Am I green?
- Am I blue?
- Am I yellow?

Slide about this week's local product

**Slide about this week's local
product**