

FRESH FOCUS



FFVP Newsletter | SY 2019-2020 Issue 1 | October 2019

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VARIETY

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Learn about the health benefits associated with different colors

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Eat a 'Rainbow Meal' OR Try Rainbow Chard

UPCOMING

October

National Farm to School Month
National Apple Month
National Eat Better, Eat Together Month
Spinach Lovers Month
Pear and Pineapple Month
Rhubarb Month

1st - First day to utilize FFVP funds

8th - FFVP Monthly Webinar

14th-18th - National School Lunch Week

16th - World Food Day

26th - National Pumpkin Day

31st - Halloween

November

Sweet Potato Awareness Month

National Pomegranate Month

National Pepper Month

National Plum Month

Spinach and Squash Month

1st-7th - National Fig Week

12th - FFVP Monthly Webinar

11th-19th - National Hunger & Homeless Awareness Week

28th - Thanksgiving Day



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This institution is an equal opportunity provider.





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Color Me Healthy!

Take a look at the benefits of these color groups and some examples of fruits and vegetables that provide these benefits.

- 1 Green - arugula, broccoli, Brussels sprouts, celery, cucumber, green peppers, etc.**
Benefits: reduce cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity
- 2 Blue/Purple - blueberries, eggplant, grapes, purple potatoes, purple cabbage, etc.**
Benefits: support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, and reduce tumor growth
- 3 Red - beets, tomatoes, strawberries, red peppers, pomegranate, radicchio, etc.**
Benefits: reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases
- 4 Orange/Yellow - butternut squash, cantaloupe, carrots, oranges, sweet potatoes, etc.**
Benefits: reduce age-related macular degeneration, reduce risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, and work with magnesium and calcium to build healthy bones
- 5 White - onions, mushrooms, jicama, kohlrabi, parsnips, garlic, potatoes, etc.**
Benefits: activate immune cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers

October Produce of the Month:

Rainbow Chard

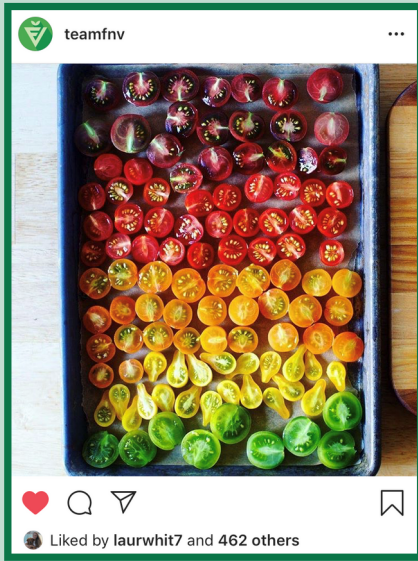
This leafy green is a member of the beet family. Also known as Swiss Chard or Chard, this vegetable is similar to a cross between a beet and spinach and has an earthy flavor. Both the leaves and the stems of rainbow chard are edible. Try it fresh in a salad or cooked in soup, omelet, or stir-fry!





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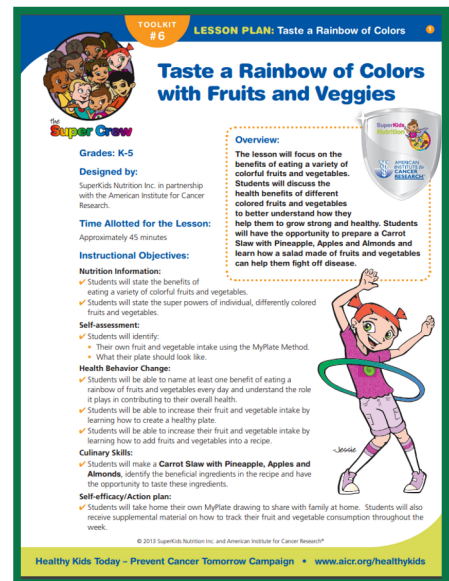
#FreshIdeas



Tools to Teach

Lesson Plan: Taste a Rainbow of Colors SuperKids Nutrition American Institute for Cancer Research

Use this lesson plan to teach your students the benefits of eating a variety of colorful fruits and vegetables. The lesson can be used in its entirety or just use the pieces that work for you. Check it out online at:
<https://www.aicr.org/assets/docs/pdf/healthykids/taste-a-rainbow-lesson-plan.pdf>



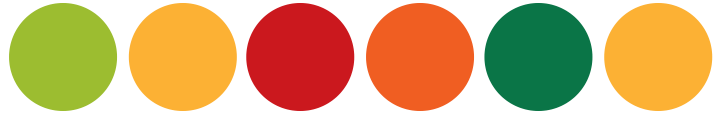


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Where's the Evidence?

Health-Promoting Components of Fruits and Vegetables in the Diet

An article published in *Advances in Nutrition* takes an in-depth look at the benefits of eating a variety of fruit and vegetables. The article concludes that "consumers should obtain their nutrients, antioxidants, bioactive compounds, and phytonutrients from a balanced diet with a wide variety of fruits, vegetables, whole grains, and other plant food for optimal nutrition, health, and well-being, not from dietary supplements." Read the full article online [here](#) to learn more!



Know Your Nutrients!

Calcium

Calcium is a mineral that is needed to build strong bones and teeth. It also helps with muscle contraction, blood clotting, maintaining healthy blood pressure, and nerve impulse transmission. Calcium is found in many leafy green vegetables, such as kale and broccoli, as well as tofu, yogurt, and fish. Follow this [link](#) to learn more about calcium, including the Recommended Dietary Allowance (RDA).



Choose a Challenge:

Eat a
'Rainbow
Meal'



or

Try
Rainbow
Chard

