



Wellness Wakeup Call

Newsletter for Grades 6-12

Month #2: Vegetables

Welcome to the Wellness Wakeup Call! This newsletter contains messages to be read each morning in school over the loud speaker for morning announcements. This program is an easy way to help fulfill the requirements of nutrition education goals for the federally mandated *Local Wellness Policies*. If there are more messages than school days in the month, generally, use the messages in order. The messages at the end reinforce points made in the beginning. Messages for next month will be available on the 15th of this month. We encourage you to notify parents about this program and direct them to our website to learn what their children are learning, and so they can try a healthy recipe!

- Each day, start the message with: **"Good morning, this is your Wellness Wakeup Call!"**
- Then read the message for the day. End each message with **"Enjoy your day, the healthy way!"**

1. Why eat vegetables? Because they help prevent many diseases and give us the nutrients we need to look and feel great.
2. Need a new hobby? Grow your own vegetables at home, in a garden, window box, or inside, like a regular plant.
3. You can buy vegetable seeds and potting soil at the store, and plant the seeds in the soil at your home. Water them every day, and watch them grow! The easiest vegetables to grow are tomatoes, yellow squash, radishes, and sweet peppers.
4. It's easy to forget that all the vegetables you see at the store were grown at a farm. Some farms let you pick your own vegetables, which is a fun family activity.
5. It is important to eat at least 3 vegetables every day. Look for vegetables in the cafeteria, in your kitchen at home, and at restaurants.
6. Raw carrots and celery may seem a little boring, so wake up your raw vegetables with dip. Some especially good ones are peanut butter, hummus, salsa, party bean dip, and oil-and-vinegar dressings.
7. Next time you go to the grocery store, buy a vegetable you have never tasted before. Look up ways to prepare the vegetable. Be adventurous!
8. A sweet potato is sweet and delicious all by itself, and it has more vitamin A than a carrot! Just wrap in foil and bake until soft.
9. Have you ever had a veggie burger? It is delicious with ketchup on a whole grain bun.
10. Do you have a food processor at home? Use it to make different slices, dices, and shreds of vegetables to make them interesting. If you don't have one, you can slice them yourself, or buy vegetables pre-cut in many different ways.
11. You might already know meat is a source of protein. Did you know that most vegetables are good sources of protein too?
12. Have you tried a rutabaga? (pronunciation: ROOT-a-bay-ga) How about a daikon (pronunciation DIE-con)? Or peas in a pod? There are so many delicious and interesting vegetables at the store, and they are all good for you.
13. Starchy vegetables, such as corn, peas, and potatoes, are still good for us, but it is important to eat vegetables that are not starchy too, like celery, eggplant, sweet peppers, and green leafy vegetables.
14. Having trouble remembering to eat your veggies? Slice up raw carrots, celery, peppers, broccoli, and cauliflower. Keep them in a zipper bag in the refrigerator or and toss them in your backpack for a nutritious snack between meals.
15. Salad is about more than just lettuce. Healthy salads have many different vegetables, and you can make them interesting by adding sunflower seeds, raisins, or your favorite nuts.
16. Don't get locked into eating vegetables the same way all the time. For example, you can have green beans by themselves, with pasta and tomato sauce, in vegetable soup, or even chopped up in your rice.
17. Broccoli is like a super-food, because it is so low in calories but chock full of vitamins, fiber and calcium. The same is true for most leafy green vegetables, like collard greens and kale. Almost half of the calories in broccoli come from protein.
18. Vegetables come from all different parts of the plant. Spinach is a leaf; cauliflower is a flower; carrots are a root; asparagus is a stem, and corn is a seed.
19. The more colorful your veggies, the better for you. Remember, peppers come in red, green, yellow, and orange. Eggplant can be purple or white. Cabbage can be purple, green, or almost white. Carrots can be orange, yellow, red, or purple. Try to eat at least two colors of the vegetable rainbow each day.
20. Did you know that some vegetables are fruits? Any vegetable with seeds in it is really a fruit, so bell peppers, squash, and tomatoes are actually fruits.
21. Frozen vegetables are easy to make because you don't have to wash or cut the vegetables. In just minutes you can have a full meal - in a large pot, boil your favorite pasta. When it's almost done, add a bag of your favorite frozen veggies, stir until everything is done, drain carefully, and finally add some tomato sauce and stir until heated through.
22. Vegetables are fine on their own or can be more interesting, if you have daring taste buds. Try vegetables with lemon juice, soy sauce, curry sauce, tomato sauce, or dressing.

References for these tips can be found at www.healthy lunches.org.



Recipe of the Month

Colorful Hawaiian Veggie Stir Fry

Stir frying is a popular method of cooking in Asian countries. Stir frying is a perfect way to cook vegetables. It is quick, so the vegetables retain their nutrients and sweet flavor. Stir frying is also great because you can use many different kinds of tasty sauces. You can make your own or use one from a bottle. This recipe calls for teriyaki sauce and pineapple, but you can use other sauces if you prefer. You can also substitute different vegetables. You can also use frozen vegetables instead of fresh ones. Experiment and enjoy!

You will need:

- 1 tablespoon vegetable oil
- 1/2 onion, sliced thin
- 1 red pepper, cut into strips
- 1 green pepper, cut into strips
- 2 cups broccoli florets
- 2 carrots, sliced into thin discs
- 1/2 cup low-sodium teriyaki sauce from a bottle
- 1 8-oz can pineapple in chunks in juice
- 1/4 cup unsalted cashews

What to do:

Heat the oil in a wok or large frying pan over medium-high heat. Add the onion and stir for about 3 minutes. Add remaining vegetables and stir constantly until vegetables are crisp-tender. If the veggies get too dry, add a little water and continue stirring. Add the teriyaki sauce and pineapples (with juice). Continue stirring until pineapples are warm. Sprinkle with cashews. Serve over brown rice or noodles.

Makes 4 servings.

Nutritional analysis per serving: 275 calories, 5 grams protein, 35 grams carbohydrates, 15 grams fat

Variation: Use 1/4 cup peanuts in place of the cashews.

