



Wellness Wakeup Call

Newsletter for K-5

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 photocopy this newsletter double sided to send home with students so parents can learn, too, and have a healthy recipe to try.

- 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 make us healthy and feel good, and it's easy to make them taste great!
2. Did you know that you don't need a garden to grow your own vegetables? You can grow them inside, like a regular plant, or in a box outside your window.
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 into big colorful vegetables! Try growing cherry tomatoes, yellow squash, or sweet peppers.
4. All the vegetables you see at the store were grown at a farm. See if you can visit a nearby vegetable farm to learn how vegetables are grown and picked.
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. Have you ever used peanut butter as a dip? It's fun to dip baby carrots into peanut butter and munch away. Other great dips are bean dips, hummus, and salsa.
7. Next time you go to the grocery store, buy a vegetable you have never tasted before. Ask an adult to help you find out how to cook the vegetable, or whether you can eat it raw.
8. A sweet potato is sweet and delicious all by itself. With your parents' help, 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. You can make funny faces with vegetables! Use shredded carrots for hair, olives for eyes, a cherry tomato for a nose, and a long string bean for a mouth. See how many different kinds of vegetables you can use to make different faces.
11. You might already know that 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 peas in a pod? There are so many delicious vegetables at the store, and they are all good for you.
13. Some vegetables are starchy, like corn, peas, and potatoes. These 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. Raw vegetables are fun to crunch! Have an adult help you slice raw carrots, celery, peppers, broccoli, and cauliflower. Keep them in a zipper bag in the refrigerator and munch on them between meals.
15. Do you like salad? Salad is so good for you, and it doesn't have to be just lettuce. Try adding sunflower seeds, raisins, or your favorite nuts to your salad.
16. Your favorite vegetable can come in many disguises. For example, you can have green beans by themselves, with noodles and tomato sauce, in vegetable soup, or even chopped up in your rice!
17. Broccoli looks like little trees, doesn't it? But it tastes a lot better! Broccoli is good for you, because it gives you vitamins, fiber and calcium.
18. Did you know that vegetables are from all different parts of the plant? Spinach is a LEAF. Cauliflower is a FLOWER. Carrots are a ROOT. Asparagus is a STEM. Corn is a SEED.
19. It's fun to eat a rainbow of colors! Peppers come in red, green, yellow, and orange. Eggplant can be purple or white. Carrots can be orange, yellow, red, or purple. The more colors we eat, the better it is for us!
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. Pick out your favorite frozen vegetable at the store, and have an adult help you cook it.
22. Vegetables taste great on their own or they can be special if you add flavors. Try vegetables with lemon juice, soy sauce, ketchup, 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.

