

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

January 2016

JANUARY CALENDAR



1 New Year's Day

- 3 Author J.R.R. Tolkien born, 1892
- 4 Physicist Isaac Newton born, 1643
- 5 National Bird Day
- 6 Apple Tree Day
- 8 Singer Elvis Presley born, 1935
- 11 Milk Day
- 12 Author Jack London born, 1876
- 17 Kid Inventors' Day
- 18 *Winnie the Pooh* author A.A. Milne born, 1882; Martin Luther King, Jr. Day
- 20 National Cheese Lovers' Day
- 21 National Granola Bar Day
- 23 National Pie Day
- 24 California Gold Rush began, 1848
- 27 *Alice in Wonderland* author Lewis Carroll born, 1832
- 28 National Blueberry Pancake Day
- 30 32nd U.S. President Franklin D. Roosevelt born, 1882

Stay Active Watching TV!



The winter months bring wet, cold weather, but don't let that stop you from staying active! If you're inside on a rainy day watching TV, do some **exercises during commercials**. Some easy ones are jumping jacks, push-ups, and crunches. Don't let the weather keep you down!

Family Reading Time



This winter, encourage your family—including yourself—to read more by **curling up with a great book together!** The whole family can gather to read at a certain time of day. The cold winter months are a wonderful time to put together a special reading list.

UNIQUE SEASONAL TREATS:

FINGER LIMES

- ☞ Finger limes are **native to Australia**, where they grow wild in the rainforests. They've been used for thousands of years by Australia's aboriginal people.
- ☞ This fruit is known as the "**caviar of citrus**." Instead of being pulpy inside, finger limes have many caviar-shaped "vesicles," or beads, that will pop in your mouth, releasing a strong, tart flavor.

- ☞ Finger limes are green, slender, and may come in different colors, but are **most commonly green**.



GOLD KIWI

- ☞ The gold kiwi has smooth, hairless, thin skin. The flesh inside is golden with **edible black seeds**.
- ☞ Unlike the green kiwis you may be used to eating, gold kiwis have very little tartness and are **quite sweet**.
- ☞ Remember, the whole fruit is edible, **even the skin!** Give it a try and see if you enjoy the new flavor and texture.

CONTACT US: For more info on The FruitGuys Farm-to-School Program, contact Carol Stewart at 650-438-2842 or carol@fruitguys.com. For general info, School Bulletin suggestions, or questions about your Nutrition Education materials, contact Spencer Thomas at 650-243-3398 or spencer.thomas@fruitguys.com • fruitguysfarmtoschool.com

Preventing the Flu: Good Health Habits Can Help Stop Germs*

❄️ 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

❄️ 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help keep you from spreading your illness to others.

❄️ 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

❄️ 4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.

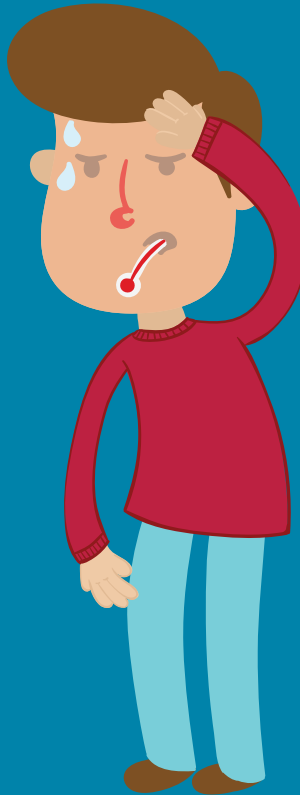
❄️ 5. Avoid touching your eyes, nose, or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

❄️ 6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

*From CDC website



Recipes: Mini Wraps

Lightly spread a little cream cheese on a tortilla and place one or two slices of thin ham or turkey over the cream cheese. **Roll tightly and cut into small rounds.**



Sandwich on a Stick

INGREDIENTS

Bread, wheat or white, cut into chunks

Cheese, different kinds, cut into cubes

Lunch meat (optional)

Grape or cherry **tomatoes**

Lettuce or kale (bite-size pieces)

Veggies: cucumbers, zucchini, yellow squash, broccoli, or cauliflower, cut into small pieces

Pickles, cut into small pieces

Olives, black or green

PREPARATION

Place ingredients in separate bowls. Have children choose their ingredients and slide them onto wooden skewers.

For fun, let kids dip their sandwiches into mustard or a dressing made of olive oil and vinegar. Try a few different kinds!

