

March



TRUE FOOD
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M 27 No FFVP	T 28 Blood Orange Wedges	W 1 Lemon Plum	T 2 Cotton Candy Grapes	F 3 NO SCHOOL
M 6 No FFVP	T 7 Carrot Coins	W 8 Black Plums	T 9 Grape Tomato Medley	F 10 Kumquats
M 13 No FFVP	T 14 Minneolas	W 15 Lychee	T 16 Golden Berries	F 17 Snap Peas
M 20 No FFVP	T 21 Bartlett Pears	W 22 Mini Sweet Peppers	T 23 Blueberries	F 24 Black Mission Figs
M 27 No FFVP	T 28 Kiwi Berries	W 29 Pinkglow® Pineapple	T 30 Zucchini Coins	F 31 NO SCHOOL



March



National Nutrition Month® is a campaign sponsored by the Academy of Nutrition and Dietetics that focuses on the importance of making informed food choices and developing a healthy lifestyle. This year's theme, Fuel for the Future, highlights how our food choices impact our health and our environment. Fuel your body and your mind by trying a new fruit or vegetable this month!

Fruits and vegetables offer valuable nutrients that cannot be found in other foods, yet most kids (and adults) do not eat the recommended amounts. In addition to increasing overall intake, FFVP exposes students to new flavors and textures. Be brave to try unfamiliar foods! Like all new skills, trying new foods takes practice. Learn about some of the unique fruits featured in March.

Black Plums



This small, round fruit with bluish-black skin contains a single seed surrounded by dark red, purple, or yellow flesh. They have a sweet and tart flavor and will turn your tongue purple! Black plum trees are native to India and Southeast Asia where they have long been used for traditional medicine. Dried plums are known as prunes!

Lychee (pronounced like "lai-chi" or "lee-chee")



Lychee fruit is native to southern China. It grows on trees that produce clusters of 2-20 aromatic fruits. This sweet tropical fruit is also known as "alligator strawberry" due to its bumpy, red skin. Starting at the stem, peel away the outside skin to reveal glossy, firm, white flesh like a grape. Enjoy the fruit and discard the skin and the brown seed.

Kiwi Berries



Bite size treats with all the flavor of kiwi and none of the fuzz! Gobble up the whole fruit, no need to peel them! This bright green fruit has an aromatic taste and is sweetest when soft. Kiwi berries grow on a vine that is native to northern Asia. The kiwi berry prefers a cooler climate and can be grown in Minnesota! Check out this UMN Extension video about kiwi berries: <https://youtu.be/2Se5zJt-Gww>.



Please visit cws.mpls.k12.mn.us/ffvp for program information, menus, & educational resources.

