Getting to WOW: Three Steps at a Time

1. Get to know the types of locally grown produce available year-round. Visit www.extension.umn.edu/food/farm-to-school/toolkit/using-food/to find a colorful, local veggie to add to your menu.

2. Check the veggie variety on this month’s menu. Aim to offer a different veggie every day of the week or a few choices per day.

3. Minnesota School Food Buying Group participants can purchase colorful veggies. Scan the fruit and vegetable product list on the MSFBG website: bit.ly/MSFBGbids

COLORFUL VEGETABLES

“Coming together is a beginning; keeping together is progress; working together is success.” Henry Ford

One potato, two potato, three potato, four. Five potato, six potato, seven potato, more!

Did you or your classmates skip rope to this schoolyard rhyme? The USDA rule for school meals suggests that today’s kids jump to a more colorful tune. This Tickler offers ideas to increase the number of bright orange and dark green veggies on your menu.

Colorful vegetables like carrots, squash, sweet potatoes, beets, leafy greens and broccoli are all rich in color AND nutrients. These veggies pack a strong nutritional punch that are better for kids than starchy vegetables like potatoes, corn and green peas.

Variety is the spice of life. Spice up your menu with a variety of colorful vegetables!

GREAT IDEA

Add veggie variety to your menu with colorful, kid-tested side dishes. Try Wayzata’s Beets N’ Sweets to add beets, sweet potatoes and a fun name to your menu. Owatonna’s Roasted Butternut Squash is flavored with a cinnamon sugar blend that kids love. Try it over locally-grown squash!

Find these recipes and more at http://z.umn.edu/greattrays and click on Menu Planning, Samples and Suggestions.

GREAT RESOURCE

The Minnesota Grown wholesaler database helps schools identify growers that are eager to supply fresh, tasty, local foods for your menu. Check it out at www.minnesotagrown.com

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