



## Eat Local Program

Based on the success of last year's program, Chartwells is partnering with school districts nationwide to expand the 2010 Eat Local program from one week during the month of September to the entire Fall semester.

In 2009, Chartwells School Dining Services purchased 32% of produce from local sources for its week-long promotion. The goal for 2010 is to dramatically increase that number through greater participation and a longer promotion period.



Starting with the opening of school and lasting until the holiday break in December, Chartwells is purchasing seasonal produce from nearby farmers for use in the school breakfast and lunch programs. The initiative also includes cafeteria-based education and activities to teach students about the benefits of eating local. In addition to feeding students seasonal fruits and vegetables at the peak of taste and nutrition, the goal of Eat Local is to support nearby farmers today so they can continue to thrive and provide the community with fresh food for generations to come.

The produce will be incorporated into innovative recipes and school menus so students can sample fresh fruits and vegetables they may have never tried before. Some examples of the foods being offered are tomatoes, apples, peaches, melons and zucchini.

### Sign up for e·bites!

If you're viewing this newsletter from a school website and would like to receive it via email, please visit [www.eatlearnlive.com](http://www.eatlearnlive.com) to sign up for future issues.

## Here are some tips for your next trip to your local Farmer's Market

### 1. Know the Crop Calendar

Get a copy of a market-specific crop calendar from your state's department of agriculture. This shows when various fruits and vegetables are available.

### 2. Go Early or Go Late

For the best selection, go to the farmers market early in the morning. For the best deals and discounts, go to the farmers market late in the day.

### 3. Bring Your Own Bag

Reduce waste at the market and in your home by bringing your own reusable bag.

### 4. Bring Small Change

By bringing cash and – specifically – small bills, you keep money in your farmer's pocket and make transactions easier and faster.

### 5. Ask Questions

Vendors and farmers love to share their knowledge and can even provide recipes and cooking tips.

### 6. Experiment

Don't be afraid to discover a new fruit or vegetable item at the market. You might just find a new favorite!





## October Food Focus: Peaches

### Eat peaches for energy!

Besides being a good source of vitamins A and C, this super-sweet fruit fuels your body with potassium, fiber, and B vitamins.



### Try Peaches:

- On top of your breakfast cereal
- Stewed with a little brown sugar and cinnamon as a topping for pancakes, waffles, and French toast
- As a sweet satisfying snack

Peaches can be combined with savory ingredients like onions, jalapeno peppers, garlic, and ginger to make peach chutney or salsa, a flavorful condiment for roasted meats.

## Chartwells Dietitian, Students, and School Staff Team Up to Spread the Message of Healthy Eating

Meg Whitbeck, Resident Dietitian for the Westport, CT school district, worked with third grade students and faculty to develop and broadcast five short videos with nutrition messages to all students in the school using SMARTboard classroom technology. The project began after five third graders read an article in



Time for Kids about how to make more healthful eating choices, and then met with the school principal to discuss their desire to spread the message to their peers. The students gave themselves an official name - Food is Fuel - and worked with Meg and the school's technology teacher during their recess time to write the video scripts, including "Balance Your Day with Food and Play," "Fuel Up with Fruit and Veggies," "Eat the Rainbow," and "Move More, Sit Less."

As a result of the collaborative work, students and adults both had an opportunity to learn. Kids in the school were inspired to make healthy lifestyle choices and Meg got ideas for incorporating new healthy foods into the school menu that the students are interested in trying.

## Peach Salsa RECIPE

### Ingredients

- 1 ½ medium size peaches, raw
- 1 Tbsp lemon juice
- ½ tsp honey
- 1 Tbsp peppers, sweet, green, raw, chopped
- ½ tsp crushed red peppers
- 1 ¼ tsp cilantro
- ¼ clove fresh garlic
- ½ Tbsp fresh chopped onion

### Instructions

#### Step 1:

Wash fresh fruit, vegetables, and cilantro

#### Step 2:

Prepare the fruit, vegetables, and cilantro

- Peaches: peel and dice
- Peppers: dice
- Cilantro: chop
- Garlic: mince
- Onions: chop

#### Step 3:

Combine all ingredients. Refrigerate for at least one hour to bring out the flavors and serve.

Number of Portions: 6

Size of Portion: 1/4 Cup

### Nutrition Facts:

Serving Size: 1/4 Cup	
Amount Per Serving	
Calories: 18	Calories from Fat 1
	%Daily Value <sup>2</sup>
<b>Total Fat</b> 0.1g	0%
Saturated Fat 0.0g	0%
Trans Fat *N/A*	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 4.3g	1%
Dietary Fiber 0.6g	4%
<b>Protein</b> 0.4g	0%
Vitamin A 4%	Vitamin C 10%
Calcium 0%	Iron 1%

<sup>2</sup>Percent Daily Values are based on a 2,000 calorie diet.

\*N/A\* denotes a nutrient that is either missing or incomplete.