

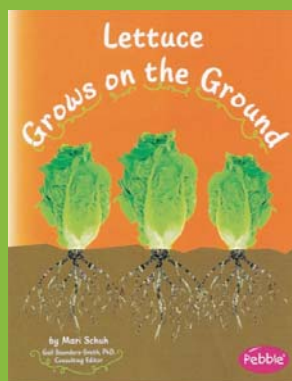


Mixed Greens



Did you Know?

- There are four main types of lettuce: butterhead, crisphead, looseleaf and romaine. Each type has many varieties.
- In the United States, lettuce is the second most popular vegetable (behind potatoes).
- Americans eat 30 pounds of lettuce every year!
- Christopher Columbus brought lettuce to the United States.



Read together

- **Lettuce Grows on the Ground**
by Mari Schuh
- **Rabbit Food**
by Susanna Gretz

FAMILY NEWSLETTER

Why eat mixed greens?

Mixed greens help make your body strong. The darker the leaves, the better they are for the body! Mixed greens are high in vitamin A which keeps your eyes, skin and bones healthy. They are also an excellent source of vitamin K, which your body uses to stop cuts and scrapes from bleeding while starting the healing process.



Knock Knock!
Who's there?
Lettuce
Lettuce who?
Lettuce in. It is cold
out here!

Ways to eat mixed greens

- Add different varieties to sandwiches and wraps.
- Use romaine lettuce leaves as wraps and fill with your favorite ingredients.
- Make a salad with the lettuce and use fruits, seeds and nuts to liven it up!
- Add color to salads with carrot strips, shredded purple cabbage, apples, oranges or dried berries.
- Make homemade low-fat salad dressing to use on your salads. Try out different recipes.



In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

Made possible with funding from the Centers for Disease Control and Prevention and the Wisconsin Department of Health Services. Material adapted from Harvest of the Month produced by the CA Department of Public Health's Network for a Healthy California with funding from USDA SNAP.



Buy fresh, buy local

There are many different types of lettuce. Some grow in heads while others are called salad mix greens because they grow in loose leaves. No matter the type, lettuce grows the best in cooler weather mostly in early spring and in late fall. Check out local farmers' markets for the freshest lettuce!



Want to volunteer?

Opportunities for volunteers to assist with the Greater Green Bay Area Farm to School Initiative include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens
- Serving on the Farm to School Taskforce

If you are interested in any of these volunteer opportunities, please contact:
Ashley Ponshok, LIVE54218 Farm to School Coordinator
Email: Ashley@live54218.org
Phone: (920) 593-3401

Cook together...

Caesar Salad Wrap

- 1 head romaine lettuce, torn into bite-size pieces
- 4 tomatoes, chopped
- 2 TBSP green onion, chopped
- 6 TBSP reduced fat Caesar dressing
- 2 TBSP Parmesan cheese
- 6 fat-free flour tortillas

- 1) In a large bowl, combine all ingredients, except flour tortillas.
- 2) Place equal amounts of salad mixture in each tortilla.
- 3) Serve on a plate.

Nutrition information per serving: 82 calories, 2 g fat, 14 g carbohydrates, 3 g protein; 1 g fiber, 191 mg sodium.



Talk together

Does your family eat the rainbow?

Talk about your favorite fruits and vegetables of each color.

Are there any colors you are missing?

Come up with different foods with which you can eat your vegetables.

Get active together

Your home is where your family learns and plays together. There are lots of simple things you can do to keep your family safe. Explore safety with your children during your daily routines.

- Stay nearby while little ones play outside and gear up for fun! Helmets that fit well help keep children safe on bikes, scooters and roller skates.
- Make a family fire plan. Map and try out two exits from each room, and go to a safe meeting place outside.
- Wash your hands before cooking and eating to keep germs away. Sing "Row, Row, Row Your Boat" twice to help your kids remember how long to wash.

PARTNERS IN HEALTHY HABITS FOR LIFE

