

# The Daily Scoop, January

Daily School Announcements to Encourage *Eating Lean and Green!*



Welcome to the January issue of *The Daily Scoop* - good nutrition news delivered daily. *The Daily Scoop* features *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, such as *American Heart Month* (Feb). Thanks for creating a leaner and greener world for our kids!

**Harvests of the Month:** Orange (folate) & Sweet Potato (Vitamins A), alternates available\*

**Cultural Connection w/ Cool Bean of the Month:** Africa & American South/Black Eyed Peas

**WINTER Environmental Connection:** Eating Local, farmers markets and gardens

**Each announcement begins with** “*Here’s your Daily Scoop of good nutrition news...*”

**Each announcement ends with** “*...Remember, healthy food helps improve your mood.*”

## JANUARY, FIRST WEEK

**Announcement ONE.** You can make it a *Happy New Year* by making it a *Healthy New Year!* Eating healthy is not only good for your body, it nourishes your brain too. So, healthy food helps you think and problem solve better!

**2\*** Our fruit *Harvest of the Month* for January is the juicy, sweet orange. Not only are they delicious, but they’re one of the most nutritious of all fruits! Visit your local farmers market for some of the freshest and most nutritious oranges in town!

**3\*** Juicy, sweet oranges are filled with vitamin C to help your immune system fight germs. Oranges are “in season” in the winter time and they’re nature’s way of helping you stay healthy during cold and flu season.



**4.** The *Cool Bean of the Month* is the “black-eyed pea,” *but...* it’s not a pea. It’s actually a protein-packed white bean, with a little black spot in the middle. Eating black-eyed peas early in January is thought to bring good luck throughout the New Year.

**First FRIDAY of the month.** Make it a healthy, happy new year by eating plant-strong foods: Fruits, veggies, grains and beans. Try black-eyed peas for protein, and if the superstition is true, this little black and white bean could bring you luck in the New Year.

## JANUARY, WEEK 2

**1.** Our body uses the natural sugar in fruit for positive energy. But processed (white) sugar added into sweets and soda can rob your body of energy, and leave you feeling tired & grumpy. Colorful fruits in season are sweet *and* smart energizers.

**2\*\*** Oranges are our *fruit Harvest for this Month*. The January *vegetable Harvest of the Month* is the creamy and delicious sweet potato. Jam-packed with vitamins, sweet potatoes are one of *the most nutritious* vegetable of all vegetables.

**3\*\*** Our January *Harvest of the Month vegetable* is the sweet potato, rich in Vitamin A. Sweet potatoes are one of the richest plant sources for vitamin A, which is important for healthy eyes, bones and teeth.

**4.** Our *Cool Bean of the Month* - the protein rich Black Eyed Pea - is a favorite in special meals called “Soul Food.” Soul Food was created by African Americans. In honor of *Dr. Martin Luther King Day* this month, we celebrate soul food, created to make our body and soul feel good.



**Friday...** *Let’s Move* our bodies today and through the weekend. Dancing is a great way to exercise and have fun, so turn up the volume on some feel-good *soul music* and dance the day away!

\*Asterisks indicate *Harvest of the Month* announcements that can be interchanged with alternate *HOM* announcements (see supplement with winter fruits and vegetables. Alternate announcements are intended to be used as part of overall *The Daily Scoop* program.



## January's Daily Scoop, page 2

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**Each announcement begins with...**

*“Time for your Daily Scoop of good nutrition news...”*

**Each announcement ends with**

*“...Remember, healthy food helps improve your mood!”*

### JANUARY, WEEK 3

1. Lets get the week off to a healthy start by eating the most nutritious foods on the planet... *plant foods*, filled with super special nutrients called *phyto-nutrients*. Like the name suggests, *phytonutrients* help *fight* serious diseases. Only plant foods have phytonutrients.

2\* Citrus fruits, like oranges and grapefruits, are famous for being a good source of vitamin C. Oranges are also a good source of a *B vitamin* called *folate*. B vitamins work together with Vitamin C to help your body develop and grow.

3\* Oranges are a good source of a B vitamin called folate. Folate helps your red blood cells deliver oxygen to all different parts of your body. Without folate, those blood cells have a harder time delivering oxygen, so your body feels weak and tired. An orange a day keeps the doctor away.



4. In honor of *Martin Luther King Day*, our *Cool Bean of the Month* is a bean used in traditional African American dishes called *soul food*. Black-eyed peas and cooked greens make soul food delicious *and* nutritious - good for body and soul.

**Friday.** Eating healthy helps your *immune system*. Your immune system is different parts of your body - all working together like an army - to fight attacks from germs. Exercise helps your immune system to fight strong too. So, *Let's Move* with fun activities that make our soul feel good.

### JANUARY, WEEK 4

1. Let's get the week off to a healthy start by eating the healthiest foods on the planet - plant foods. Plant foods have *ten times* more nutrition than animal foods, like pizza and burgers. Will your lunch have a rainbow of colorful plant foods today?

2. Shopping at the local *Farmers Market* is good for you because the food is fresh at the Farmers Market, and fresher means more nutrients. Shopping at the Farmers Market is also great for the environment, because locally grown food doesn't have to travel far - in gas guzzling trucks.



3\*\* Sweet potatoes are brownish on the outside, and orange on the inside. Their orange color is evidence that they are rich in vitamin A, important for healthy eyes, bones, and teeth.

4. Our *Cool Bean of the Month*, black eyed peas, are cool because not only are they rich in protein, but they are also a rich source of folate, the B vitamin important for helping your body to develop and grow.

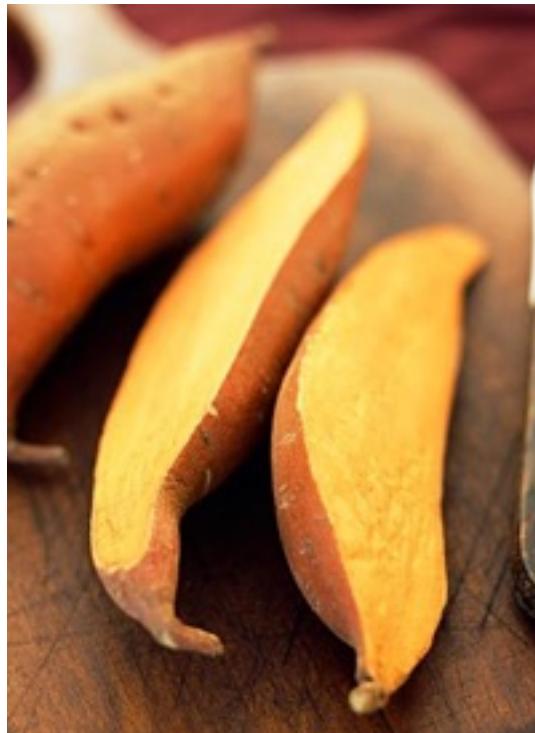
**Friday.** *Let's Move* today and all weekend to make our body and soul feel good. With Super Bowl season here, how about getting outside and throwing a football with friends or family.

# Eat Real Food.

Grown by farmers, with help from earth, rain & sunshine.



**Sweet Potato Soul Wrap (with black-eyed peas)**



## Daily Scoop Nutrition Trivia



**Black-eyed peas.**  
Plant or animal  
protein?



**Sweet potato.**  
Type of vegetable?



**Citrus.**  
Citrus fruit is rich in  
Vitamin C,  
important for?

## Good Nutrition News for January

Here's a sample of the nutrition knowledge your student is gaining this month through delivery of nutrition tips called, *The Daily Scoop!*

- Oranges are a great winter fruit, jam packed full of vitamins. In fact, one study showed that juicy oranges and sweet green kiwis are two of the most nutritious of all fruits! Find the freshest fruits at your local farmers market.
- The *Cool Bean of the Month* is the *black-eyed pea*, even though it's not really a pea! It's actually a white bean with a black spot in the middle. Many Americans eat black eyed peas as a symbol of health and good luck for the New Year. Fiber and phyto-nutrient rich beans are also a great way to invite good health into your life!

- Our January *Harvest of the Month vegetable* is the sweet potato, rich in Vitamin A. Sweet potatoes are one of the richest plant sources for vitamin A, which is important for healthy eyes, bones and teeth.

We hope these tips and special recipe will spark a healthy conversation around your dinner table. *Remember, healthy food helps improve your mood!* Brought to you by [leanandgreenkids.org](http://leanandgreenkids.org)

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### Sweet Potato Soul Wrap

In honor of Martin Luther King and his heritage in the American South, this month's plant-strong recipe features ingredients for healthful soul food; food to nourish and inspire your soul. This recipe won a teen taste testing, hands down!

#### INGREDIENTS

- 1 Whole Grain Tortilla
- 1/2 medium sweet potato, flesh scooped from potato skin
- 1/4 cup black eyed peas or kidney beans (or blend)
- 1/4 cup frozen corn kernels, thawed
- 1/4 cup pineapple, diced
- 1 Tablespoon red onion, chopped fine (optional)
- 1 cup mixed salad greens - toss in collards or kale for a rich source of calcium and iron
- 1 Tablespoon mayonnaise - healthier mayo suggestions: *Just Mayo* or *Veganaise* brands
- 1/2 Tablespoon Barbecue Sauce



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#### PREPARATION

Spread Mayonnaise and Barbecue sauces down center of tortilla. Scoop flesh from skin of sweet potato and arrange down center of tortilla. Stack remaining ingredients and roll into a "wrap" for a delicious, super satisfying and soulful meal.

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## Buena noticia nutritiva para enero

Aquí está una muestra de la conocimiento su estudiante está recibiendo este mes por la entrega de puntas nutritivas llamado ¡The Daily Scoop!

- Naranjas son una buena fruta del invierno lleno de vitaminas. ¡De hecho, un estudio muestra que naranjas y kiwis dulces son dos de las más nutritivas de todas frutas! Busca las mas frescas en su mercado local.
- El “padre frijol del mes” es el *black-eyed pea*, o guisante de ojo negro, pero no es un frijol. Actualmente, es un guisante blanco con un punto negro en el centro. Muchas Estado Unidos comen guisantes de ojo negro como símbolo de salud y suerte en el año nuevo. Frijoles llenos de fibra y fito-nutrientes son una buena forma de invitar buen salud a su vida.
- Nuestra verdura del mes para enero es la batata, lleno de vitamina A. Batatas son una de los mejores formas de vitamina A, que es importante para ojos, huesos, y dientes saludables y fuertes.

Esperamos que esas puntas y la receta inspiraran una conversación de salud en su hogar. *Recuérdense, ¡comida saludable es buena para la mente! Traido a usted por [leanandgreenkids.org](http://leanandgreenkids.org).*



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## Alma Burrito de Batata

En honor de Martin Luther King y su herencia en el sur de los Estados Unidos, la receta este mes usa ingredientes para comida saludable del alma; comida para nutrir e inspirar su alma. ¡Esta receta ganó una competición de jóvenes, fácilmente!

### INGREDIENTES



- 1 tortilla de grano entero
- ½ medio batata, carne cucharada desde piel
- ¼ copa guisantes de ojo negro o frijoles rojos (o mezcla)
- ¼ copa maíz
- 1 cucharada cebolla roja
- 1 copa verduras de ensalada (lechuga, espinaca, u otras verduras llenos de calcio y hierro)
- 1 cucharada mayonesa – más saludable: marcas *Just Mayo* o *Vegenaise*
- ½ cucharada salsa barbacoa

### PREPARACION

Ponga mayonesa y salsa barbacoa por el centro de la tortilla. Cuchara carne de batata desde el piel y ponga por el centro del tortilla. Añade el resto de los ingredientes y envuelve para una comida delicioso y buena para la alma.

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# The Daily Scoop... Winter vegetables, alternate announcements

Should you decide to vary the fruit or vegetable *Harvest of the Month*, simply substitute the following nutrition tips where you see asterisks (\*fruit, \*\*vegetable) in the original *Daily Scoop* series. Alternate announcements on this page are intended for use as part of the comprehensive monthly series, *The Daily Scoop*.



## Beets (the B vitamin, riboflavin)

1. The vegetable *Harvest of the Month* is the dark red and sweet beet, a root vegetable... It grows underground! Beets are super healthy with Vitamin A for healthy eyes, Vitamin B for a healthy heart, and Vitamin C to fight colds and flu.
2. The vegetable *Harvest of the Month* is a dark red color... and it grows underground... It's kind of shaped like a heart... and it helps your heart to have a strong **BEEET**. Can you guess? (Answer: Beet).
3. The vitamin B in sweet *b-b-beets*, helps your *red* blood cells. Red blood cells (cells in your blood) have the very important job of carrying the oxygen - that you *breath* - to every part of your body. *B-b-beets* for vitamin *B*.
4. Shopping at the local *Farmers Market* is a good place to find locally grown and *fresh* beets. Fresher food has more vitamins, like the B vitamin in beets, which helps your blood cells carry oxygen to every part of your body.
5. The *Harvest of the Month* is the dark red and sweet beet, a root vegetable that grows underground. And the *leaves* on the beet root, that grow *above* ground, are good to eat too, rich in Vitamin K, for healing cuts.



## Cabbage (phytonutrients)

1. Cabbage is our vegetable *Harvest of the Month*. Cabbage is a leafy green vegetable (like broccoli and kale), so it's jam-packed with vitamin C to help your immune system to fight off germs.
2. Cabbage (our *Harvest of the Month*), is a type of vegetable called a "cru-cif-er-ous" vegetable. Other *cruciferous* vegetables are Brussels sprouts and cauliflower, all rich in vitamin C. C-c-cabbage and c-c-cruciferous vegetables for Vitamin C.
3. Cruciferous vegetables like cabbage and cauliflower have super special nutrients called *phyto-nutrients*. *Phytonutrients* help *fight* serious diseases (like cancer). Only plant-foods have super *phytonutrients*.
4. Special nutrients in plants, called *phytonutrients*, are what give plants the ability to fight disease. So, when you eat plants with *phytonutrients* - like cabbage, berries and beans - they help you *fight* disease.
5. Phyto-nutrients are super special nutrients that help *fight* serious diseases (like cancer and heart disease), and they're only in colorful plant-foods. That's why it's so important to eat a colorful rainbow of foods everyday.



## Broccoli (folate, vitamin K)

2. The vegetable *Harvest of the Month* is broccoli, grown in the cool season. Broccoli looks like a little tree, but it's actually super nutritious flowers that you eat when you eat broccoli.
2. Broccoli is rich in nutrients, like vitamins and minerals. Broccoli is rich in a B vitamin called folate that works with protein to build strong muscles. *B-b-broccoli* for vitamin *B*. Find it *fresh* at your local *Farmer's Market*.
3. The *Harvest of the Month* is broccoli, rich in vitamins, including vitamin K. Vitamin K is known as the band-aid vitamin because it helps a cut to stop bleeding. Find the freshest broccoli at the *Farmers Market* - *fresh* means more nutrients, like Vitamin K.
4. Leafy green vegetables like broccoli and kale are a good source of calcium for building strong bones. Try adding kale or spinach to a fruit smoothy for a gloriously green smoothy to build strong bones!
5. Broccoli and other leafy greens are packed with super special nutrients called *phyto-nutrients*. Eating broccoli with *phytonutrients* can help *fight* serious diseases, like cancer.



## Sweet Potatoes (vitamin A)

1. The vegetable *Harvest of the Month* is the creamy and sweet... sweet potato, brownish on the outside and orange on the inside. That orange color means it's rich in vitamin A, important for healthy eyes & bones.
2. Root vegetables - like sweet potatoes - are an important source of nutrients called carb-o-hydrates. Carbohydrates are what give you energy. Your brain especially needs carb-o-hydrates to learn its best!
3. Our vegetable *Harvest of the Month* - the sweet potato - is a root vegetable. You dig it out of the dirt to harvest - like carrots and beets. Root vegetables supply carb-o-hydrates for energy, especially energy for the brain.
4. Root vegetables - like sweet potatoes - were one of the main foods of early Americans. They're jam-packed full of nutrients and the early Americans could store them for months through the harsh winters.
5. Sweet potatoes are one of the richest plant sources for vitamin A, found in orange foods. Vitamin A is important for healthy eyes, bones and teeth.

## Over for Winter Fruits...



# The Daily Scoop... WINTER fruits, alternate announcements

Should you decide to vary the fruit or vegetable *Harvest of the Month*, simply substitute the following nutrition tips where you see asterisks (\*fruit, \*\*vegetable) in the original *Daily Scoop* series. Alternate announcements on this page are intended for use as part of the comprehensive monthly series, *The Daily Scoop*.



## Grapefruit (vitamins)

1. Our fruit *Harvest of the Month* is a grapefruit. Grapefruits are a citrus fruit. Citrus fruits like grapefruits and oranges are rich in a *B vitamin* called *folate*, which helps you have a strong heart.

2. Citrus fruits, like oranges and grapefruits, are “in season” in the winter time, which means they become ripe in the winter. It’s nature’s way of helping you to stay healthy during cold and flu season.

3. Jazz up your water with a squeeze of citrus fruit - like orange, lemon or grapefruit. A study showed that kids who drank a glass of water before school did better on tests!

4. Shopping at the local *Farmers Market* is a great place to find grapefruits *in season*; picked fresh - so they have more nutrition. Farmers Markets are also good for our planet, because food grown locally doesn’t have to travel long distances in gas guzzling trucks.

5. Food is energy for our body and brain. Energy in food is *measured* in “calories,” like... height is measured in inches. Grapefruit measures low - *in calories*, so they’re a smart snack for good energy and a healthy weight.



## Mandarin Orange (a.k.a. Tangerine)

1. Our fruit *Harvest of the Month* is a little orange fruit that you peel... a Tangerine. Citrus fruits like tangerines and grapefruits have lots of Vitamin C.

2. Tangerines are a winter fruit rich in Vitamin C. Vitamin C is important because it helps your eyes for better vision, and it helps your skin to heal from cuts.

3. A study showed that kids who drank a glass of water before school did better on tests! Add flavor and vitamin C to your water, with a squeeze of citrus fruit - from lemons, limes, grapefruits or tangerines.

4. Your immune system is many different cells in your body, all working together - like an army - to protect you from disease. Vitamin C is important to support your immune system, and it’s only in plant-foods - like tangerines.

5. Tangerines and other Citrus fruit grow on trees, and come in their own earth friendly package - a skin that you peel. So eating natural fruit is good for you, and it’s good for the planet too!



## Orange (folate)

1. Our fruit *Harvest of the Month* is a juicy orange. Juicy fruit like oranges and apples give you extra energy so you can play longer and stronger.

2. Oranges are a great winter fruit, jam-packed full of vitamins. In fact, food scientists found that a juicy orange is one of the most nutritious of all fruits! Find the freshest fruits at your local *Farmers Market*.

3. Our body uses the natural sugar in fruit for energy. But extra sugar (the white stuff) added into sweets and treats can rob you of energy, and leave you feeling tired & grumpy. Colorful oranges - *in season* now - are sweet and smart energizers.

4. Another name for natural foods is “whole” foods. Natural, whole foods are best. That’s why a natural whole orange is a much smarter snack than orange flavored gummy stuff.

5. Every different part of your body is made up of cells - 100 trillion cells! From your beautiful eyes to your pumping heart all the way down to your twinkle toes. Bright orange foods - like oranges - help keep all of your 100 trillion body cells strong.



## Dried Fruit (potassium)

1. This month’s fruit *Harvest of the Month* is dried fruit, because fruit that is dried in the summer can be enjoyed all winter. Raisins are dried grapes, otherwise known as nature’s candy.

2. Fresh fruit becomes dried fruit when it’s warmed at low temperatures and it’s juice evaporates. The juice is gone, but nutrients remain, making raisins and other dried fruits a delicious and smart snack.

3. Your body has electricity running through it, from your brain to your muscles. Dried fruit helps you *re-charge* the electricity in your body because it has an important mineral called potassium.

4. Almost any kind of fruit can be made into dried fruit. Try dried apricots and cranberries, or dried pineapples and bananas with nuts and seeds for a trail mix to power up with protein and potassium.

5. Have you ever tried a *dried* fruit called a *date*? A date grows on a palm tree, and it tastes a lot like caramel - it’s nature’s caramel! Try dates on oatmeal, for the brain boosting power of potassium.

**Over for Winter Vegetables...**

