

The Daily Scoop, March

Daily school announcements to encourage eating *lean and green!*



Welcome to the March issue of *The Daily Scoop* - nutrition news delivered daily to your students! *The Daily Scoop* features *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, such as *National Nutrition Month!* Thanks for creating a leaner and greener world for our kids!

Harvests of the Month: Spinach (Vitamin K) & Berries (phytonutrients), alternates available*

Cool Bean of the Month w/ Cultural Connection: Lentil Bean / India & the Festival of Colors

SPRING Environmental Connection: Eating Sustainably

Health Campaign: National Nutrition Month, from the Academy of Nutrition and Dietetics

Each Announcement begins with, “Time for your Daily Scoop of Good Nutrition News!”

Each announcement ends with, “Remember, with healthful choices, great things are possible!”

MARCH, FIRST WEEK

First announcement. March is *National Nutrition Month*, a month for making nutrition a top priority. Good nutrition starts with foods that are high in *nutrients*; things like vitamins, minerals, and fiber. Fruits & vegetables are rich in nutrients.

2. It's *National Nutrition Month*. Here's an interesting nutrition fact: Fruits and vegetables have up to *ten times* more nutrition than foods like burgers & pizza. Eating fruits & vegetables that grow from the earth will help you to live a long & strong life.



3* Our fruit *Harvest of the Month* is the berry. Small but mighty, raspberries, blueberries, and strawberries are packed with super nutrients like vitamin C, important for young, growing bodies. Your body needs Vitamin C every single day, and only plant-foods have it!

4** Our vegetable *Harvest of the Month* gave an old cartoon character, *Popeye*, super strength to fight the bad guys. Do you know what vegetable? ...Spinach! Green spinach leaves actually do have special nutrients that help you grow strong and fight disease!

First FRIDAY of the month. Nutrients from food are key for a healthy and successful life. Another key for a healthy and successful life is *sleep*. Eight hours of sleep is very, very important for re-charging your body *and your brain* - for a positively powerful day!

MARCH, WEEK 2

Day 1. It's *National Nutrition Month*. Scientists are only just discovering super nutrients in colorful plant-foods, called *phyto*-nutrients. Phytonutrients are what help plants fight disease. When you eat colorful plant-foods, they help *you* fight disease too.

2* As spring time arrives this month, berries are “in season,” ripe and ready to pick for the most nutrition. Small but mighty, berries have super nutrients called *phytonutrients*. Like the name suggests, *phytonutrients* help your body *fight* disease, for a long and strong life.

3** This month's vegetable *Harvest of the Month* is spinach, the vegetable that gave the cartoon character, *Popeye*, his super strength. In real life, spinach and other leafy greens really do help you to live stronger because they're rich in Vitamin K for strong bones.

4. People in the country of India celebrate the *Festival of Colors* this month, to celebrate the coming of spring. So the *Cool Bean of the Month* is a bean that's very popular in Indian meals, a little round bean packed with protein - the lentil bean.

Friday... Lentil beans, packed with protein, are popular in India. So is a game called “cricket.” It's like baseball, but there's two bases instead of four. Let's move today and all weekend long with a fun ball game like baseball, basketball... or cricket!



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



March Daily Scoop, page 2

Begin with, “Time for your Daily Scoop of Good Nutrition News!”
Ends... “Remember, with healthful choices, great things are possible.”

MARCH, WEEK 3

Day 1. It's *National Nutrition Month*, and it's the month for the *Festival of Colors* in India, where they celebrate harvesting colorful spring foods growing in the garden. You can make everyday a festival of colors, by filling your plate with a rainbow of colorful fruits and vegetables.

2* Ditch the sugary sodas that drain your brain. Here's a better idea: A dash of fruit juice added to your water, and some brain boosting blue berries dropped in for an all-natural “boba” (bubble) experience!

3 ** This month's vegetable *Harvest of the Month* is spinach, rich in vitamin K. Vitamin K is also known as “the band-aid vitamin,” because it helps cuts and scrapes to stop bleeding, so the healing process can begin.

4. Beans & peas are from the family of vegetables called legumes. Legumes grow in a pod. Beans grow in bean pods and peas grow in a pea pods. Legumes are a great protein choice for helping the planet because they use very little water and energy to grow, compared to animal protein.



Friday. Three important keys for a strong and long life: 1) nutritious food, 2) a good night's sleep, and 3) daily physical activity. So, let's move today and every day with fun physical activities like baseball, soccer, or India's favorite sport, cricket.



MARCH, WEEK 4

1. One way to get your week off to a healthy start is by going meatless on Monday. “Meatless Mondays”** is a national health program with the goal of getting people to try beans for protein at least one day a week. Beans are the lean and green protein, good for you and the planet too! (**a campaign from John Hopkins School of Public Health)

2. Plant foods like fruits, vegetables and beans not only have ten times more nutrients than burgers and pizza, they use ten times *less energy and water* to produce than burgers and pizza. Plant foods choices are green food choices - good for you and the planet too!

3** Spinach, kale and other leafy greens are delicious and super nutritious in soups, salads and even smoothies. Try blending spinach with bananas and berries for a gloriously green smoothie, like the kind *Iron Man* drinks for his super brain-power!

4. Lentil beans are popular in the country of India, where the *Festival of Colors* happens this month. As part of the festival, people have fun throwing colorful paint all over each other! They also share delicious meals - made with protein-packed lentil beans and Indian curry spices.

Friday. It's Friday. Let's move today and all weekend long with a walk or bike ride around the neighborhood to see if you can spot blossoming fruit trees. Those flower blossoms are a sign of spring, and will soon turn into sweet, energizing fruit.



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Cool Beans,
INDIA



lentil



Plant Foods Nourish
...so you can flourish!



Daily Scoop Nutrition Trivia

1. Three kinds of leafy greens? 2. Three kinds of legumes? 3. Three berries?



Good Nutrition News for March

Here's a sample of the nutrition knowledge your student is gaining this month, with *The Daily Scoop* - good nutrition news delivered daily!

- We eat the stem and flowers of a broccoli plant for important vitamins, including a B vitamin called *folate*. Folate works with protein to keep you strong - and without enough folate, a person becomes very sick and weak.
- People in India participate in the "Festival of Colors" in March, to celebrate the coming of spring. So the Cool Bean of the Month is popular in Indian meals, the little round lentil bean, packed with protein. Ask your student what wild activity festival goers participate in. Hint: It's colorful!
- Fruits and vegetables have something important in common: super special nutrients called *phytonutrients*. Phytonutrients help fight serious diseases. Only plant foods have phytonutrients, and leafy greens like broccoli and kale have the most!

We hope these tips and special recipe will spark a healthy conversation about nutrition around your dinner table. *Remember; when you have your health, great things are possible!* Brought to you by leanandgreenkids.org

Naany's Vegetable Curry Soup with Lentils

Enjoy this delicious Indian themed soup with your loved ones, lovingly created by a Naany (grandma in India).



INGREDIENTS

Tablespoon of Olive Oil
1 large yellow onion, diced & Cup of mushrooms, sliced (optional)
4 cloves of garlic, minced (or 1 Tablespoon dried garlic granules)
4 cups of cooked brown lentils
8 cups of vegetable broth (low sodium recommended) / 2 bay leaves
1 - 6 oz can of tomato paste & 1 - 14.5 ounce can of diced tomatoes
1 carrot & 1 cup cauliflower, chopped
2 - 3 cups fresh spinach, chopped & Cup of frozen green peas (thawed)
1 Teaspoon each: curry and ground coriander & half teaspoon cumin
1 Tablespoon each: soy sauce & red wine (or balsamic) vinegar
Salt and pepper, to taste
Fresh cilantro, chopped - for garnish (optional)

PREPARATION

Sauté onions, garlic and mushrooms in olive oil until soft (about 4 minutes). Add remaining ingredients (except spinach and peas) and simmer on medium - low heat for 15 minutes. Turn off burner. Stir in fresh spinach and green peas. Top w/ fresh cilantro garnish. Enjoy



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Buena Noticia Nutritiva Para marzo

Aquí esta una muestra de la conocimiento su estudiante está recibiendo este mes, con *The Daily Scoop* – ¡buena noticia nutritiva enviado cada día!

- Comemos el tallo y las flores de brocoli para vitaminas importantes, incluyendo una vitamina B llamado folato. Folato trabaja con proteína para mantenerse fuerte- y sin bastante folato, una persona se pueda enfermar y debilitar.
- Gente en India participan en el festival de colores en marzo, para celebrar la llegada de la primavera. Entonces, el "Frijol Padre del mes" es un frijol muy popular en comida de India, un frijolito redondo lleno de proteína, la lenteja.
- Frutas y verduras tienen algo importante en común: nutrientes súper especial llamado Fito nutrientes. Fito nutrientes ayudan luchar contra enfermedades serios. Solo comida de plantas tienen Fito nutrientes, y ¡verduras con hojas como brócoli y kale tienen lo más!

Esperamos que esas puntas y receta inspiran una conversación de nutrición en su hogar. ¡Recuérdense, cuando tienes tu salud, grandes cosas son posibles! Traído a usted por leanandgreenkids.org.

Naany's Sopa de Verduras y Lentejas con curry

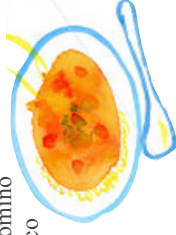
Disfruten este rico sopa de estilo Indian con sus queridos, creado con amor por una "Naany" (la abuela en India).

INGREDIENTES

- 1 Cucharada aceite de oliva
- 1 grande cebolla amarilla, picado, y copa de hongos, rebanado (opcional)
- 4 clavos de ajo, picado (o 1 cucharada ajo seco)
- 4 copas lentejas marrones, cocidos
- 8 copas caldo de verduras (bajo sodio recomendado) / 2 hojas de laurel
- 1 - 6 oz lata de pasta de tomate y 1 14.5oz lata de tomates picados
- 1 zanahoria y 1 copa coliflor, picado
- 2 - 3 copas espinaca, picado, y 1 copa guisantes congelados (descongelado)
- 1 Cucharadita cada: curry, cilantro molido, y medio cucharadita comino
- 1 Cucharada cada: salsa de soja y vinagre de vino rojo o balsámico
- Sal y pimienta, a probar
- Cilantro fresco, para aderezo (opcional)

PREPARACION

Saltear cebolla, ajo, y hongos en aceite de olivas hasta suave (como 4 minutos). Añade el resto de los ingredientes, aparte de espinaca y guisantes y hervir a fuego lento por 15 minutos en nivel medio o bajo. Apague el fuego, añade espinaca y guisantes. Ponga cilantro por encima y prueba. ¡Buen provecho!



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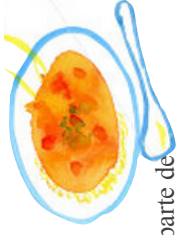
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The Daily Scoop... Spring vegetables, alternate announcements

This supplement makes it possible for you to customize the *Harvest of the Month* in *The Daily Scoop*. Simply substitute the following nutrition tips where you see asterisks (*fruit, **vegetable) in the monthly *Daily Scoop* issue. *Alternate announcements are intended for use as part of the comprehensive Daily Scoop program.*



Asparagus (Vitamins)

1. The vegetable *Harvest of the Month* is asparagus, sometimes called an asparagus *spear* because of its spear like shape, with pointed top. Asparagus has vitamin A for healthy eyes.

2. Asparagus is in season this spring, and their spear like shape can be close to a foot in length - every inch packed with vitamin E for healthy skin and hair.

3. Your whole body and even your brain is made up of living cells. These cells need to be nourished with Vitamin E so you won't get sick. Protect your body's cells and keep them strong by eating foods high in vitamin E - like nuts, spinach and asparagus - in season now.

4. Shopping at the local *Farmers Market* is a good place to find locally grown *asparagus* in season in spring. Fresh food in season has more vitamins, like Vitamin E in asparagus to help your blood cells carry oxygen to every part of your body.

5. The *Harvest of the Month* is the delicious and nutritious spear shaped vegetable - the asparagus spear. It isn't a real spear, but asparagus can defend your body against disease because it's full of Vitamins A, B, C and E!



Carrots (Vitamin A)

1. It's spring, and farmers are harvesting sweet orange carrots, great for adding color, crunch, and Vitamin A to a fresh salad or sandwich.

2. The harvest of the month is carrots, rich in vitamin A for healthy eyes *and...* healthy skin... hair... and bones! Find the freshest carrots at your local Farmers Market - fresher means more nutrients.

3. Our *Harvest of the Month*, carrots, are famous for their Vitamin A which is important for healthy eyes and night vision. If a person doesn't get enough Vitamin A from orange colored foods - like carrots and sweet potatoes - they can have a difficult time seeing in the dark.

4. Carrots are a spring "root" vegetable. A root vegetable grows underground in the dark, because... well, they're roots. Maybe that's why they help you *see in the dark* with... **Vitamin A.**

5. Carrots and other colorful vegetables are packed with vitamin A and other super special nutrients called *phyto*-nutrients. Eating carrots with *phytonutrients* can help *fight* serious diseases - like heart disease.



Peas (Thiamin/B1 & Protein)

1. Our vegetable *Harvest of the Month* is the pea, which grows in a pod. Peas and beans that grow in pods are called legumes. Legumes are a good source of protein for energy and strength.

2. Little green peas are a good source of a B vitamin called **Thiamin**. Thiamin is very important for a healthy nervous system, a system of electrical cables running all through your body, that send signals to your brain, so you can feel... see... hear... and move your body!

3. Peas, our vegetable *Harvest of the Month*, are a type of vegetable called a Legume. Legumes count as both a vegetable and a protein food - providing double the goodness for double energy and strength!

4. Small, but mighty, little green peas are packed with a B vitamin called Thiamin. Thiamin works to convert the food you eat into energy; energy to learn, play and perform your very best.

5. Plant-proteins - like peas and beans - are different than animal proteins because they have fiber and *phyto*-nutrients. *Fiber and phytonutrients* help *fight* serious diseases (like cancer). Only plant-foods have fiber and *phytonutrients*.



Spinach (Vitamin K, phytonutrients)

1. Our vegetable *Harvest of the Month* gave an old cartoon character - *Popeye* - super strength to fight the bad guys. What vegetable is it? Spinach! Green spinach leaves actually do have super nutrients called *phyto*-nutrients that help fight diseases.

2. Spinach is a leafy green. In other words, it's a big green leaf. When you think about it, some of the biggest and strongest animals on the planet get most of their nutrients by eating leaves. Spinach and other leafy greens are superfood for animals - and people too!

3. This month's vegetable *Harvest of the Month* is spinach, the vegetable that gave the cartoon character, *Popeye*, his super strength. In real life, spinach has lots of vitamin K, to help wounds to stop bleeding, and help the healing process to begin.

4. Spinach and other leafy greens (like broccoli) are delicious and super nutritious in soups and salads - even smoothies. Try blending spinach with fruit and ice for a gloriously green smoothie, like the kind *Iron Man* drinks for his super brain power!

Over for Spring Fruits...



The Daily Scoop... Spring fruit alternate announcements

This supplement makes it possible for you to customize the *Harvest of the Month* in *The Daily Scoop*. To use, simply substitute the following nutrition tips where you see asterisks (*fruit, **vegetable) in the original *Daily Scoop* series. Alternate announcements are intended for use as part of the comprehensive *Daily Scoop* series.

Berries (phytonutrients)



1. Our fruit *Harvest of the Month* is berries... raspberries, blueberries, strawberries and more! Small but mighty, berries have super nutrients - so you can play like a champ!

2. Strawberries. Blueberries. Raspberries. Berries are small but mighty, jam packed with *phytonutrients*. Like the name suggests, phytonutrients help *fight* serious diseases (like cancer).

3. Ditch the sugary bottled beverages that drain your brain. Better idea: A dash of fruit juice added to your water, and some brain boosting blue berries dropped in for an all natural “boba” (bubble) experience!

4. Shopping at the local *Farmers Market* is a great place to find berries *in season*; picked fresh - for more nutrition. Farmers Markets are good for you and the planet too, 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,” similar to how height is measured in inches. Berries measure low *in calories*, so they're a smart snack for good energy and a healthy weight.

Strawberries (Vitamin C)



1. Our fruit *Harvest of the Month* is America's most popular berry - the strawberry. And because it's a berry, it's packed with super nutrients like vitamin C, which helps your immune system fight germs.

2. Your immune system is different organs inside your body working together - like a team - to fight germs and sickness. Sweet red strawberries are a scrumptious snack with Vitamin C, to help build a stronger immune system and fight disease.

3. Spring is in full swing, and the Farmer's Market is full of delicious and nutritious spring *harvests* like sweet red strawberries and crunchy orange carrots. Eating a rainbow of fresh fruits and vegetables each day can definitely help keep the doctor away.

4. Natural food that grows from the earth is *real* food - nutritious and delicious just how nature intended us to eat. Strawberries are healthy and real food, but... strawberry Pop Tarts (*alternate*: cupcakes) are not.

5. Did you know the White House has a big garden that grows food for the President and his family? The White House garden is an *organic* garden, which means no bug poison allowed. The White House is harvesting *organic* strawberries this month - good for you and the planet too!

Cucumber (water)



1. Our fruit *Harvest of the Month* is the cool cucumber, a fruit because it has seeds inside. An important nutrient in cucumbers is water. Water is an important nutrient just like vitamins and minerals.

2. If you had to, you could survive for weeks without food, but only a few days without water. It's important to drink plenty of water everyday, and equally important to eat fruits with water in them - like watermelon, strawberries and cucumbers.

3. Cucumbers add a cool crunch to salads, sandwiches and wraps... and the *water* in cucumbers helps nutrients flow *all* through your body to the different cells - all 100 trillion living cells. So... water them well.

4. Our fruit harvest of the month is a cucumber that adds a cool crunch to salads and wrap sandwiches. Cucumbers are a good source of water in your diet, and their skin is a good source of Vitamin K - for healing cuts and wounds.

Avocado (healthy fats)

1. This month's fruit *Harvest of the Month* is a rich and creamy Avocado - technically a fruit because it has a seed inside. Avocado's creamy texture is a good source of vitamins, minerals, and... healthy fat.

2. Avocados are the fruit *Harvest of the Month* and they're an important source of the nutrient... fat. That's right, your body requires protein, carbohydrates, and a small amount of healthy fats. The healthiest fats come from plants - like avocados and nuts.

3. Our fruit *Harvest of the Month* is an avocado - famous for its creamy, delicious flavor in sandwiches and tacos - and you can feel good knowing that the healthy fat in avocados actually boosts your body's ability to absorb vitamins.

4. Avocados are rich in healthy fats and they're also rich in a nutrient called folate. Folate and fat work together to build new cells, and your body is made up of more than 100 trillion living cells... Feed them well!

5. Avocados are a very versatile food, which means that they can be eaten in a variety of ways. They're delicious in salads and sandwiches, on tacos and chili - and adding them to these dishes helps your body absorb more nutrients from your meal.

Find *Dried Fruit* nutrition tips in Winter Supplement Over for Spring Vegetables...