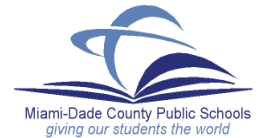




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MIAMI-DADE COUNTY PUBLIC SCHOOLS DEPARTMENT OF FOOD AND NUTRITION

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*Information in this newsletter was taken from:
www.Kidnetic.com Bright Paper, "Totally Weird Ways To (Fruit and) Veg Out."*

An article written by Michael Bloch, that can be found on [Green Living Tips.com](http://GreenLivingTips.com)

Green Living Tips is an online resource powered by renewable energy offering a wide variety of earth friendly tips, green guides, advice and environment related news to help consumers and businesses reduce costs, consumption and environmental impact .

A Green Valentines Day

Some fast consumption related facts about Valentines day:

- Around a billion valentines are sent each year globally, making the day the second largest card-sending holiday of the year behind Christmas
- 25 percent of all seasonal cards annually are valentines
- Over 36 million heart-shaped boxes of chocolate are sold each year
- Valentine's Day is the top holiday for fresh flower purchases with red roses being most popular

These statistics come from American Greetings Corporation.

Valentines Day is big business and as such has the potential to have substantial impact on the environment. For example, the one billion cards laid end to end would stretch around the world 5 times! That's a lot of trees.

Valentines Day Gifts With The Planet In Mind

If Valentines Day is an important day for you or the one you love; then you can show a bit of extra love for the environment by carefully considering what you buy. Here's some ideas:



- Cards made from recycled or tree-free paper (this will be indicated on the card)
- Consider sending an e-card
- Fair trade and/or organic chocolate
- Choose organic and/or locally grown flowers
- Make a donation to an environmental organization on behalf of the person.
- Buy the person a gift certificate for holistic therapies e.g. massage, naturopath, health spa
- Arrange dinner at a local restaurant specializing in organic or locally grown food. Eating locally cuts down on food miles
- Give natural perfumes and fragrances. Popular mainstream fragrances are chemical cocktails. By buying natural fragrances, you'll be showing you not only care for the environment, but the person's health.

Contact Us:

Mail/email your letters, your favorite fitness and nutrition tips or special activities your school has done to promote wellness to Mrs. Wanda Pedraza, Director, (e-mail wpedraza@dadeschools.net)

Address:

The Family Health Letter
Department of Food and Nutrition
7042 West Flagler Street
Miami, Florida 33144

Please visit our Website:

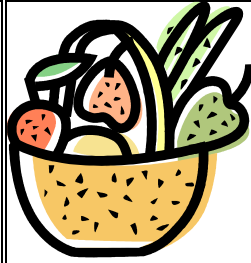
<http://nutrition.dadeschools.net>

**Related Websites:**

<http://www.eatright.org>

<http://www.schoolnutrition.org>
School Nutrition Association

<http://www.mypyramid.gov>
The New Food Guide Pyramid



Totally Weird Ways to (Fruit and) Veg Out

You've heard it at least a million times – eat your fruits and veggies! After all, they're packed with lots of good-for-you vitamins, minerals and fiber.

To look good and feel good, you need at least 2 ½ cups of veggies and 1 ½ cups of fruit every day (that's if you eat 1,800 calories a day – your amounts could be different if you eat a different number of calories).

Don't worry – you don't have to eat a cup at a time! Eating smaller bits of fruits and veggies throughout the day counts toward your total. And you might be amazed at how fruits and veggies are in lots of other food you eat (think vegetable soup or veggie-topped pizza, even!)

If your usual fruit and veggie total isn't measuring up – or if your usual selections seem ho-hum, try these totally weird but tasty ways to (fruit and) veg out today!

Pick out something funny sounding. Like Kohlrabi... or cardoon... or carambola – the first two are veggies and the second one's a fruit! Go grocery shopping and try and buy the funniest sounding fruit or veggie you can find. Taste-test it with your family when you get home.

Bite into a PBB, PBA, PBR, or PBC sandwich. Instead of jelly, that's peanut butter with sliced bananas, sliced apples, raisins or shredded carrots.

Chill out with a frozen fruit bar. Make sure you get the kind with 100% juice.

Create a different kind of crunch. Pile your sandwich with sliced cucumber, arugula, radishes, celery, red pepper or water chestnuts.

Order a pineapple-topped pizza. If fruity pizza's not your thing, load it with veggies like green peppers, mushrooms, onions and tomatoes.

Escape with a frozen grape. Take some grapes off the stem, wash and dry them, put them in a bowl or a sealed plastic baggie and pop them into the freezer for an hour or so. A real cool treat.

Create a patriotic yogurt. Stir blueberries and chopped up strawberries into vanilla yogurt.

Mash up some color. Instead of regular mashed potatoes, make some mashed sweet potatoes. They're orange, smooth and oh-so-sweet.

WE FEED THE FUTURE!