



Child Nutrition Council of Manitoba

Vegetable and Fruit Program Newsletter

Best Recipes and Snack Ideas Wanted!

The Vegetable and Fruit Program is working on a handbook to be released this spring. As part of the handbook we are sharing favorite recipes and snack ideas – and we would love to share yours! Please email your best to us.



Please keep in mind our program guidelines when submitting recipes or snack ideas.

Dish: _____ **Recipe** Serves: _____

- Offer serving sizes consistent with Canada's Food Guide.
- Serve vegetables as often as fruits.
- Offer a variety of vegetables and fruits.
- Choose vegetables and fruits prepared with little or no added fat, sugar or salt.
- Choose Manitoba grown local produce when available and affordable.

Healthy Together Now Conference in Winnipeg

We have been invited to share about the Vegetable and Fruit Program at the Healthy Together Now Conference in Winnipeg on November 28th. If you will be at the conference stop by and say “hello”. People from your community may be attending the conference and be interested in chatting with you about your program to get more information.

Spinach-and-Cheese Tortilla Pizza ~

A favorite from Riverside Daycare, Thompson



Ingredients:

- 2 large (10-inch) flour tortillas
- 2 tablespoons sour cream
- 1 package of spinach (fresh)
- 1 large tomato, chopped
- Salt and pepper to taste
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- 1/4 cup thinly sliced green onion

Instructions:

1. Preheat oven to 450°F. Place tortillas on baking sheet coated with non-stick cooking spray. Bake 3 minutes, or until golden brown. Remove from oven, and reduce temperature to 350°F.

2. Spread sour cream evenly over the tortillas. Top each with spinach, tomato, salt, and pepper to taste. Next, sprinkle evenly with Monterey Jack cheese. Bake 5 minutes more, or until cheese is melted. Sprinkle with green onion. Cut each tortilla into four slices, serve immediately.

Reports and Grants

Reports are due December 15th, 2013 and grants will be mailed in January. We always look forward to reading about your experiences and programs!

Please mail your report and receipts to –

Maxine Meadows, RD
V&F Coordinator
Box 614 Gimli, MB R0C 1B0



- Examples of items NOT eligible include pickles, frozen French fries, fruit candies, vegetable chips, fruit jams, and ketchup.
- Baked beans are a meat alternative and are not eligible under this grant funding.
- The purchase of prepared vegetable and fruit trays will not be funded.
- 100% fruit/vegetable juices, punches and drinks will not be funded.