



Child Nutrition Council of Manitoba

Vegetable and Fruit Program Newsletter



The Child Nutrition Council of Manitoba is a charitable organization dedicated to helping school children learn, grow, and succeed by supporting breakfast, snack and lunch programs. We're unique because we're based in Manitoba – and all of the funds we raise stay in this province, reaching children in all regions of Manitoba.

For more information about the council including events, partners and donating view the website at <http://childnutritioncouncil.com>

Online Reporting Pilot

January, 2014 we hope to be ready to trial online reporting with a few sites. We have had some sites already express interest in online reporting. If you would like to be one of our trial sites please let us know. Paper reporting will still be available to all sites.

Spring Workshop

In the spring we hope to host a workshop for all Child Nutrition Council Program sites. We plan to have a survey to help shape the agenda out early in the New Year. More information to come!

Mango Banana Smoothie ~

A favorite from Elwick Centre, Winnipeg

Ingredients:

- 1 medium peeled mango seeded and cubed.
- 1 ripe banana
- 1 cup vanilla yogurt
- 1 cup orange juice

“The children participated in making mango banana smoothies. This recipe was a big hit as many of the children enjoyed it!”



Instructions:

1. Place mango, banana, yogurt and orange juice in blender or food processor. Cover and blend until smooth.

Snack Ideas from V&F Programs

- Toasted Tomato Sandwich
- Borscht (beet soup)
- WOW Butter and Strawberry Sandwiches
- Orange Parfait made with layers of oranges, yogurt and crushed graham crackers.

Happy Holidays from the Child Nutrition Council of Manitoba – V&F Program

