

Child Nutrition Council of Manitoba

Vegetable and Fruit Program Newsletter

Menu Planning Ideas

Over ripe peaches or mango?

Make smoothies or crumble topped fruit crisp.

Bruised or soft fruit?

Cut out the bruised spots and make fruit sauce to top pancakes, oatmeal or add to smoothies.

Over ripe banana?

Peel, slice & freeze for banana bread or smoothies.

Leftover rice?

Make fried rice with vegetables, meat or egg.

Leftover cooked vegetables?

Make vegetable soup or add to scrambled eggs or omelettes.

Leftover cauliflower?

Add to a tomato based pasta sauce.

Leftover cooked pasta?

Make pasta salad with vegetables, chickpeas, tuna or egg.

Notes:

Nutrition Tip Choose whole grains.

- In the morning offer oatmeal, whole grain cereal, or whole wheat toast.
- Try whole grains used in different cultures, such as bulgur, pot barley, quinoa and wild rice.
- Substitute brown rice in recipes that call for white rice, and use whole wheat pasta instead of regular pasta.





Resource Corner

Kids in the Kitchen is a nutrition program manual designed to help groups/ organizations set up and run a kids cooking club. This how-to manual includes: 32 recipes; facilitator guides including equipment and ingredient purchase lists and age appropriate food and nutrition facts; 34 activities; sample forms and letters and a BONUS fabric food guide rainbow that can be used for many of the activities. Price \$10.00
To order visit www.milk.mb.ca

Nutrition Tip

Put water on the menu!
It's a great way to quench thirst.

Stuff the School Bus

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 to help children in all regions of Manitoba.

The next event planned for the council is Stuff the School Bus August 22nd, 23rd & 24th at the Polo Park Shopping Centre in Winnipeg. Come find us in centre court.

To volunteer your time at Stuff the School Bus or other events or to donate to the Child Nutrition Council please contact info@childnutrition.com

