

September 2020

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Harvest of the Month

Dandelions

Julia, an FBISD dietitian says, "Roasted dandelion root tea is often used a caffeine-free substitute to coffee!"



Did someone say dandelions?

- **Vitamin A**
 - Vitamin A plays a role in regulating the growth of cells and helps keep your eyes healthy as you age.
 - 1 cup of dandelion greens has 100% of your daily Vitamin A needs.
- **Prebiotics**
 - A type of fiber found in vegetables and fruit used for energy by beneficial bacteria in your gut.

Where do you buy dandelion greens?

- They can be purchased from specialty grocery stores. Though they can be found locally in lawns and yards, we recommend always purchasing from a trusted source.
- Root, stem, leaves and flowers can all be eaten!

Where do they come from?

- Originally from Eurasia, they thrive in bright sunlight.
- Called the "small postman" in Persian because it is thought to bring good news.

How can you eat dandelion greens?

- Eat them raw in salads or sauté them in a pan in order to wilt the greens and add as a dinner side.



Welcome volunteers!

Thank you for being a part of Harvest of the Month.

In this Packet

This packet will be provided to volunteers at each campus. Each volunteer will be provided with:

- Preparation instructions
- Information about the Harvest of the Month
- Guide to using disposable gloves
- Best practices for teaching students to try new foods

Prior to Harvest of the Month

1. Obtain volunteer packet from cafeteria manager.
2. Check with the cafeteria manager and/or campus staff regarding table set-up. (Ex: Will a table be provided to set up harvest display?)
3. Check with cafeteria manager if un-cut produce is available for display. If not, feel free to bring your own!
4. Read through talking points and print out photo displays

Day of:

1. Set up table with fresh produce and/or display photos.
2. Obtain gloves and samples from the cafeteria manager.
3. As you hand out samples, share the fun facts provided!



Trying New Foods

1. Encourage the students to try something new
 - Ask the students, "Is it ok if you don't like it?" and remind them that "YES! That's ok." Many students feel they have to pretend to like something when they try it, but it is great for the students to begin developing opinions about their personal "likes" and "dislikes." Make sure to let them know it is ok and acceptable to not like a food, but it is important to try new things!
2. Lead by example
 - If our Harvest of the Month product is one of your favorites, let the students see you taste it (just remember to change you gloves if you do!). Research shows, students are much more likely to try something new when they see adults and peers trying it.
 - If you are not a fan of what we are offering, keep that information to yourselves. An adult's opinion can influence a student and discourage a student from trying new foods.
3. Perfect opportunity for a quick lesson in etiquette
 - Sometimes students will be very vocal about how much they dislike a food. This can influence peers and is not respectful of the staff that prepared the food or the volunteers taking the time to share samples and information. A more polite way to express that opinion would be to politely say, "I don't care for that." Encourage students to say this instead.
 - Remind students that it is impolite and unsanitary to spit food out. Encourage students to start with a small bite and remind them that they need to swallow the food they try.



Preparation Instructions:

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Using Disposable Gloves

1. Wash hands before and after use of disposable gloves
2. Wear gloves when preparing and serving ready-to-eat foods such as fresh fruits and vegetables, sandwiches, and salads
3. Change gloves frequently and between tasks
4. Never handle money and food while wearing the same gloves
5. Change gloves after sneezing, wiping nose, touching hair, or other contact with germs
6. Never re-use or wash gloves
7. Dispose of soiled gloves after use
- 8.



Get Social!

- Share the awesome programming you are providing with the district!
- Tweet @FBISDFoodie or email your pictures to CNDsocial@fortbendisd.com.



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UPDATES!

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FOLLOW US ON TWITTER



Note: We are unable to post picture with students' faces, please be mindful of the pictures you share