

NUTRITION NEWS

LSF Child Care Food Program

Building a Healthier Generation

OCTOBER 2018

Farm to School for Early Care and Education Providers

October is **National Farm to School Month!** Farm to early care and education (ECE) encompasses efforts to serve locally or regionally produced foods to children in early care and education settings, and encourages hands-on learning activities such as gardening, farm visits, and fresh food preparation. Farm to ECE is a great way to introduce young children to where their food comes from, and helps them develop lifelong healthy eating habits!

What to Plant	Central Florida Planting Dates	Days from Seeding to Harvest
Beans, greens	Mar-Apr, Aug-Sept	50-70
Broccoli	Sept-Feb	75-90
Cantaloupes	Jan-Mar	85-110
Carrots	Aug-Mar	70-120
Cauliflower	Sept-Feb	75-90
Cucumbers	Jan-Mar, Sept-Feb	40-65
Lettuce	Sept-Feb	60-80
Peas, Snow or English	Nov-Feb	60-80
Peas, Southern	Feb-Aug	75-90
Peppers	Feb-Mar, Jul-Aug	90-100
Potatoes, Irish	Nov-Feb	85-110
Potatoes, Sweet	Feb-Jun	85-130
Pumpkins	Mid July	80-100
Spinach	Sept-Mar	45-60
Squash, Summer	Jan-Apr, Aug-Sept	40-50
Squash, Winter	Jan-Apr, Aug-Sept	85-120
Strawberries	Sept-Oct	90-110
Tomatoes	Feb-Apr, July-Aug	80-100
Watermelon	Feb-Apr	

Source: University of Florida IFAS Extension

Get Started Today!

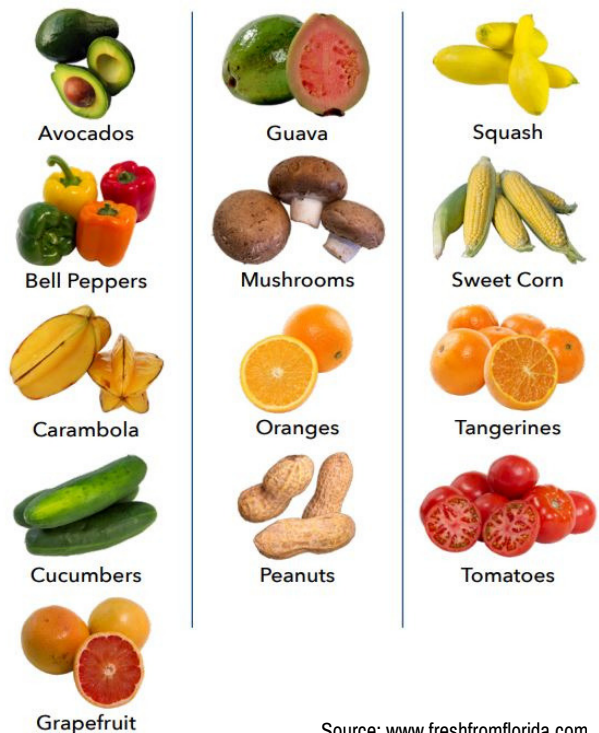
- Use this chart to plan your garden.
- Buy local and regional foods.
- Use agricultural education programs such as Grow It, Try It, Like It
- Taste test locally-produced foods
- Take field trips to local farmers' markets and farms.

Source: Florida Farm to Preschool for Early Care and Education Providers



What's in Season Now?

Look for these "Fresh From Florida" items in your grocery store during **October**



Source: www.freshfromflorida.com

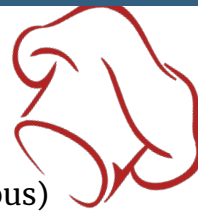
WELCOME

TO OUR NEWEST
DAY CARE HOME
PROVIDERS!

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Peanut Butter & Apple Wraps



Ingredients

- 1 whole wheat tortilla
- 2 Tbsp granola cereal
- 1/4 cup peanut butter
- 1/2 apple, sliced (try Red Delicious)

Directions

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides.
2. Sprinkle 2 Tablespoons granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style."
5. Eat and enjoy!



This recipe could use other apples – Golden Delicious, Granny Smith or Fuji; however, Red Delicious apples are the crispiest and their flavor balances the savory taste of the peanut butter.

The combination of fruit, granola, and peanut butter makes this snack packed with protein, iron, fiber, and calcium; the whole wheat tortilla and reduced-fat peanut butter keep it lower in fat.

Source: USDA Mixing Bowl

Annual Provider Training

2018-2019

