

Fresh 2 U



A GUIDE for **KIDS** and PARENTS

Dear Parents:

The age-old question of how to encourage children to eat right still challenges parents today. Busy schedules make it difficult for parents to plan nutritious meals or even eat together as a family. Glitzy advertisements aimed at children often promote foods that aren't very nutritious or contain "empty calories."

Even though we live in a land of plenty, many of our children don't have healthy diets. A growing number of today's children suffer from obesity and other diet-related health problems. These problems likely will worsen as they become adults. That's why it is so important to instill good eating habits in children today so they can live full, active and healthy lives in the future.

Toward this end, the **Florida Department of Agriculture and Consumer Services** created the **Fresh 2*U** program, which promotes positive eating habits among Florida's school children. **Fresh 2*U** encourages young people to eat at least five servings of fresh fruits and vegetables every day.

But for this effort to be truly successful, we need **your** help. As a parent, you are the single most important source of information for your child. They listen and learn from you. **Fresh 2*U** promotes interaction between parents and children to help develop healthy eating habits. It's simple, educational, rewarding, and fun! **Fresh 2*U** encourages your child to try at least 20 different Florida fruits and vegetables at home over the course of the school year. Trying new foods in a fun, family setting is a great way for children to discover that they're good!

Fresh 2*U challenges your child to explore and try new things. It features an old-fashioned report card to track your child's progress and instill a sense of pride and accomplishment. Most importantly, it is something that you and your child can do together.

Please read this brochure with your child and participate in **Fresh 2*U**. With a little guidance from you, your child can have fun while developing healthy eating habits. Remember, what your child learns now can last a lifetime!

Charles H. Bronson

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Commissioner of Agriculture

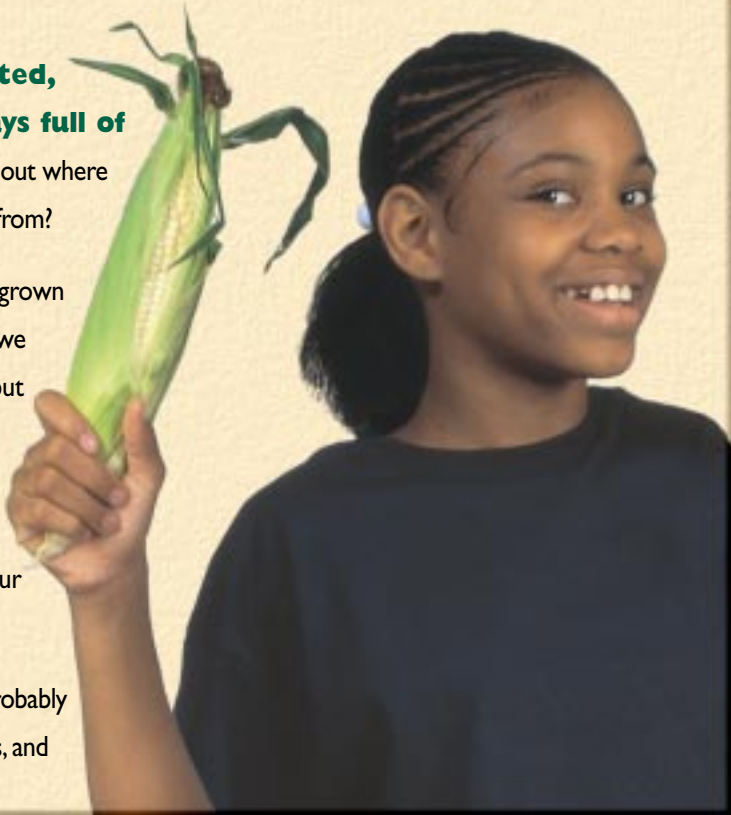


Sometimes we take food for granted, because the grocery stores are always full of

food! In fact, a lot of people don't even think about where food really comes from. So, where does it come from?

You may not know it, but lots of great food is grown right here in Florida! When we think of Florida we usually think of beaches and fun places to visit, but not farming, right? **But farming is very important to Florida.** Florida farmers work hard to produce food for you and your family. The food they grow feeds millions of people in our country and around the world.

Florida farmers produce all sorts of food! You probably already know about citrus like oranges, tangerines, and



Some states produce just a few crops, but Florida produces almost 300 different kinds!

Agriculture and Nutrition are Important to Florida

A lot of kids and grownups don't even think about where food really comes from. So, where does it come from?



grapefruit. Florida is famous for citrus, but that's just the beginning. **Florida produces almost everything you can think of!**

Florida grows all sorts of fruits and vegetables — like tomatoes, sweet corn, snap beans, cucumbers, celery, potatoes, peppers, strawberries, watermelons, and many, many more. Have you heard of tropical fruits, like mangoes, papayas, carambolas, and lychees? **Florida grows all kinds of tropical fruits!** Florida also grows peanuts — great to eat at the ball game or enjoy in peanut butter! Florida's cows produce milk to pour on your cereal; and milk is also used to make ice cream, yogurt, and other good things. And don't forget beef, chicken, eggs, and fish!

Wow! Bet you didn't know that all these good things come from Florida! So now that you know, why should you care? **Because good food is important to you!**

Learning to eat healthy while you're still a kid will help you be a healthier adult. Don't wait!

Fresh 2*U REPORT CARD

SEPTEMBER



Carambola: Tried it Date: _____

Comments: _____

Mango: Tried it Date: _____

Comments: _____



SEPTEMBER

OCTOBER



Greens: Tried it Date: _____

Comments: _____

Avocado: Tried it Date: _____

Comments: _____



OCTOBER

NOVEMBER



Cucumber: Tried it Date: _____

Comments: _____

Snap Bean: Tried it Date: _____

Comments: _____



NOVEMBER

DECEMBER



Tangerine: Tried it Date: _____

Comments: _____

Tomato: Tried it Date: _____

Comments: _____



DECEMBER

JANUARY



Oranges: Tried it Date: _____

Comments: _____

Squash: Tried it Date: _____

Comments: _____



JANUARY

FEBRUARY



Grapefruit: Tried it Date: _____

Comments: _____

Cabbage: Tried it Date: _____

Comments: _____



FEBRUARY

MARCH



Strawberry: Tried it Date: _____

Comments: _____

Carrot: Tried it Date: _____

Comments: _____



MARCH

APRIL



Bell Pepper: Tried it Date: _____

Comments: _____

Celery: Tried it Date: _____

Comments: _____



APRIL

MAY



Sweet Corn: Tried it Date: _____

Comments: _____

Blueberry: Tried it Date: _____

Comments: _____



MAY

JUNE



Watermelon: Tried it Date: _____

Comments: _____

Cantaloupe: Tried it Date: _____

Comments: _____



JUNE

Check Your TOTALS

 I tried **16-20** foods

 I tried **10-15** foods

 I tried **5-10** foods

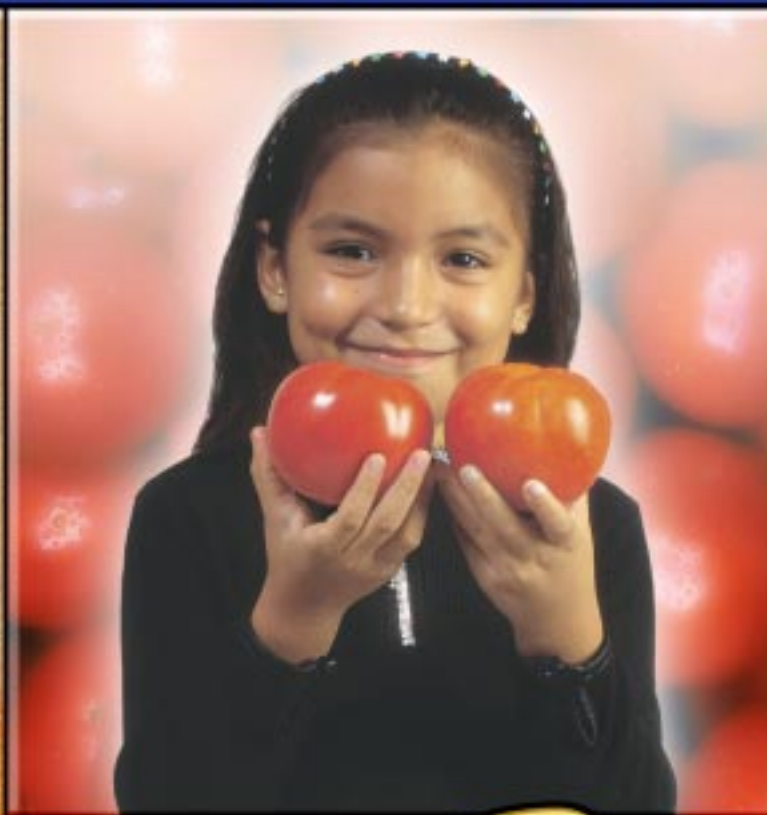
Print Child's Name:

Teacher:

Grade:

School:

City:



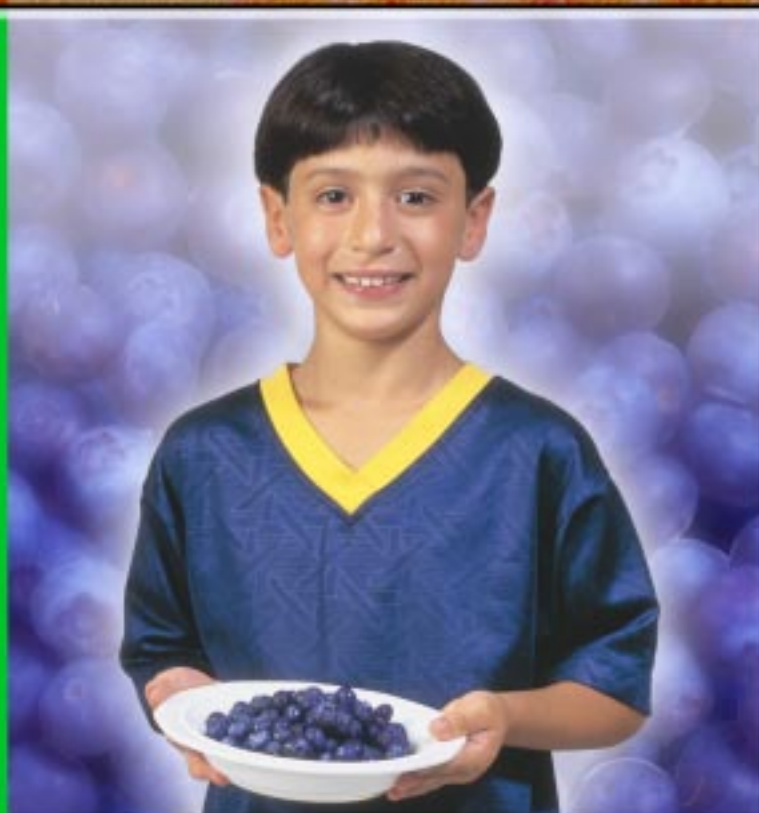
Fresh 2*U Pledge

I tried all the Florida-grown fruits and vegetables that I checked on my Report Card!

I learned how eating nutritious foods can help me grow up to be healthy and strong. I learned how important farming is to Florida. I pledge to keep learning about good nutrition and to keep eating healthy foods!

Child's signature:

Parent's signature:



How to participate in...



The goal of **Fresh 2*U** is to encourage Florida students in grades 1-4 to try 20 different fresh Florida fruits and vegetables during the school year — two foods per month from September through June.

Parents can use this **Report Card** to track their child's progress in trying each fresh fruit or vegetable. After trying a food on the list, the parent or child should check the appropriate box for that food. Also, write in a comment about each food tried, such as "I didn't think I'd like it but I do!" or "We tried a new recipe!"

If a child has an allergy to a particular food, skip that food and write "allergic" in the comments section. If there are other reasons that a child cannot try a particular food, note them in the comments section.

Children are encouraged to shop with their parents to see what these foods look like in the grocery store.

At the end of the school year, total up the number of foods that your child tried and check the appropriate box on the **Report Card**. Fill out the information and sign the **Fresh 2*U** pledge.



Visit

www.Fresh-From-Florida.org

...to learn more about Florida-grown fruits and vegetables!