

PATCH Food Program Newsletter



Issue Number 16, September 2018

Recipe

Mango Salsa

- 1 Ripe Mango, Diced
- 1 Small Tomato, Diced
- ½ Cup Cucumbers, Diced
- ¼ Cup Red Onion, Diced
- 1 TB Cilantro, Chopped
- 1 TB Lime Juice
- 1 tsp Salt

1. Add the diced mango, tomato, cucumber, red onion, and cilantro into a medium sized bowl
2. Add the lime juice and salt
3. Mix together
4. Serve with whole grain tortilla chips or whole grain crackers

Activity Corner

Color Mixing Bag

- Paint
- Shaving Cream
- Ziploc bags
- Duct Tape

In a Ziploc bag, put one paint color in the left corner and different paint color in the right corner. Put shaving cream between the two colors. Be careful not to overfill

the bag as it increases the risk of the bag splitting.



Before closing the bag, try to remove as much as air as possible. Put duct tape over the zipper to prevent the bag from opening. The children will have a blast mixing up the colors.



Cooking with Your Children

Papaya Fruit Bowl

When the seeds are removed, papayas can become a fun bowl!

Cut a papaya in half. Remove the seeds. Fill the papaya with low-fat yogurt. Have the children top it with granola, whole grain cereal or chopped fruits.

Nutrition Facts

Botanically, tomatoes are fruits, but they were officially ruled a “vegetable” by the United States Supreme Court in 1893. Tomatoes are rich in Vitamin C which functions as an antioxidant, fiber which helps materials move through the digestive system, and potassium which helps with pH balance. Ho Farms in Kahuku produces different varieties of

tomatoes. They include: Golden Grape, Gape, Cherry, Kahuku Golden, Currant, and Baby Roma. All of these tomatoes have different colors, shapes, textures and taste. Check out your local supermarket to try them all.

Did You Know?

“Whole Grain” foods are food items that have been made with or contain whole unprocessed grain. An unprocessed grain has three key parts; the Bran, Endosperm, and Germ. The bran is the outer layer of the grain which surrounds the endosperm and germ. Bran contains fiber. The endosperm is the large inner portion of the grain that has both starch and some protein. The germ is the small inner portion of the grain that has fat, some protein, and Vitamins such as Vitamin B1 and Vitamin B.

Foods that contain “refined” grains are foods that are missing any of the three key parts.

Food for Thought

Do bananas go to the doctor when they are not “peeling” well?

Want to get your engine going?

