



Fruits and Vegetables: More Matters!

Ask your Nutrition Educator to introduce you to one of our services below:



Monthly Mentions

Nutrition Tip: Trying to eat healthy on a budget? Use fresh fruits and vegetables that are in season. They are easy to access, have richer flavor, and usually less expensive. Local farmer's markets are a great source of seasonal produce. And, keep it simple - buy whole produce versus pre-cut or pre-washed. You will save on cost as many ready-to-eat foods are more expensive.

Fruit & Vegetable: For edamame and plantain recipes, visit our website:

<http://www.drexel.edu/nutritioneducation/>

Now in Season: Apples, cranberries, pears, pomegranate, kale, radishes, cauliflower, carrots, cabbage, bell peppers

October Health Observations: World Food Day (24th), Walk to School Day (5th), Farm to School Month, National Breast Cancer Awareness Month, National Red Ribbon Week (23rd-31st, youth drug prevention program)

Nutrition Education in Action



Kyle and William sample Ryan's Rockin' Layered Salad during a cooking club lesson at Amy 5 @ James Martin School

Tasty Topics

October is National Farm to School Month. Twenty-five schools in the School District of Philadelphia provide the Farm to School program. Farm to School (F2S) is a nationwide program that connects schools (K-12) and local farms to serve healthy meals in cafeterias, improve student nutrition, provide agriculture, health and nutrition education, and support farmers. Each F2S program is shaped by its unique community and region. It extends beyond farm fresh salad bars in the cafeteria by including waste management programs like composting, and education opportunities such as planting school gardens, cooking demos and farm tours. Ultimately, [F2S](#) teaches students about the path from farm to fork, and creates long-term healthy eating habits and a new direct market for farmers in the area.

Nutrition Nibble

Philadelphia is the country's sixth largest city. A national poll revealed that Philadelphia's First Congressional District is the second-hungriest in the country, in which Mayor Nutter has described as a "huge" and "distressing" issue. In an attempt to help alleviate the issue, Mayor Nutter met with Mariana Chilton of Drexel University's School of Public Health. The University plans to create a Center for Hunger-Free Communities, focusing on hunger research and community-based solutions to battle hunger. What can we do to help our city? We can do our part to acknowledge the importance of food by celebrating World Food Day (WFD) on October 24, 2011. World Food Day is intended to increase awareness and understanding of long-term action on the issue of food security for all. You may get involved by contacting committed organizations in the community that are working with WFD:

[WFD USA National Sponsors](#) and contacting your Eat.Right.Now. nutrition educator for more information and lessons for World Food Day.

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

FOOD FOR THOUGHT

Nutrition experts suggest eating healthful foods such as the ones listed in the chart below. Read the chart to learn why. Then use the chart to answer the questions.

Food	Major Source of . . .	How This Food Helps Your Body
Carrots	Vitamin A	Vitamin A reduces the chance of eye disease and helps you see at night.
Apples	Fiber	Fiber helps your body digest food.
Almonds	Vitamin E	Vitamin E helps your body fight infection.
Oranges	Vitamin C	Vitamin C helps your body form a scar after an injury.
Bananas	Potassium	Potassium helps your muscles move.
Broccoli	Vitamin A; Vitamin C	Vitamin A helps keep your skin and hair healthy.
Yogurt	Calcium	Calcium strengthens bones and muscles.

1. What is one food in the chart that you like to eat?

2. Why is this food good for you?

3. What is one benefit of eating oranges?

4. Name one food that is high in Vitamin A.

5. What is one health benefit of Vitamin A?

6. Adults are often telling kids to eat more fruits and vegetables. Why?



Make your own Top 5 list of favorite fruits. Then ask family members for their choices.

