



December 2016

Vitamin D and the Winter

Harvest of The Month

Carrots!

Healthy Serving Ideas:

- Shredded carrots are a great addition to salads or sandwiches
- Add carrots to a soup or hearty stew and let your child choose some of their other favorite vegetables.
- Make roasted carrot chips: Peel & slice 1/4" thin circles, toss with 1 TB of oil and season with herbs. Roast in single layer on a baking sheet in 400 degree oven for 20 minutes (stir at halfway point).

Fun Facts:

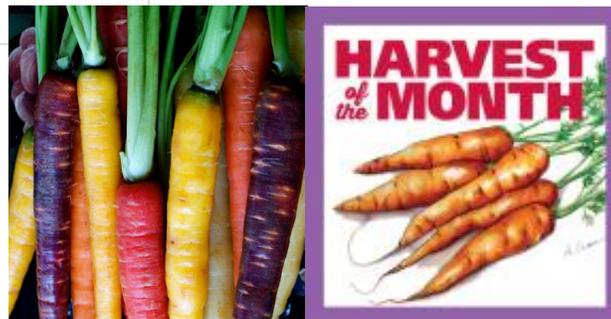
- Carrots come in red, purple, and white (see picture below!), in addition to our well known orange.
- China is the world's largest producer of carrots.

Carrot Tips:

- Look for carrots that are firm and have no bruises.
- Carrots should be scrubbed or peeled before eating.
- Store carrots in a closed plastic bag or container in the refrigerator. They will keep well for up to two weeks. Remove the leafy green tops before storing!

Vitamin D is so important for our health that our bodies absorb calcium and phosphorus to keep our bones strong and protects against t

You may have heard Vitamin D being called the "sunshine vitamin." It's true, we can absorb vitamin D from our skin when our skin is unprotected, but we cannot do this if we are living in a latitude of >35°N cannot get much vitamin D from the sun for the appropriate months because the sun's rays are not strong enough in this category! Here in Brockton, Massachusetts, we cannot get vitamin D from the sun for the appropriate months necessary to get it from the foods w



Natural Sources of Vitamin D	Fortified Foods
Fatty fish such as salmon and tuna are among the best sources of vitamin D. Mushrooms (if grown under UV lights) Beef liver, cheese and egg yolk (in smaller amounts)	Milk Soy Yogurt Breads

Fortified foods provide most of the vitamin D we need. Be sure to purchase milk and cheese that have the Nutrition Facts label for vitamin D content.

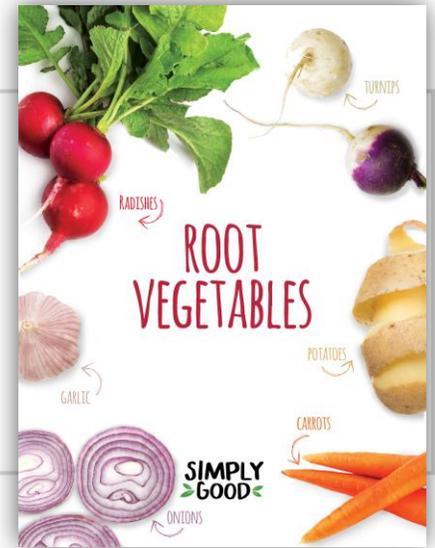


eat.

Fruits and vegetables don't typically get the center of the plate in the winter months . . . but they should!

Get Rooted! Make root vegetables kid friendly and flavorful by roasting, making baked 'chips' and roast veggie 'fries' that kids are sure to enjoy!

Guess the Greens! To expand your family's palate for dark leafy greens, purchase a few new varieties you haven't tried and have your family members sample, describe the taste and texture and identify green. You'll be surprised at how perception can change when you make eating an interactive experience.



learn.

In Season Vegetables

At Chartwell's we strive to bring fresh, local produce to our schools and in the fall we work to include seasonal items like root vegetables - carrots, beets, yams, turnips, celery root, and rutabagas. These vegetables taste great this time of year and signal our slide into the colder months. They are versatile and can be baked, roasted, boiled, steamed and braised, and they pair especially well with roasted items like Turkey! These vegetables need to be peeled and are done when fork tender.



Live

Look at Last Month's Food and Nutrition Events



Bean Cart at Hancock!



Mango Salsa and Knife skills with Chef Mike at Keith School

