

Team Nutrition Resources for Serving Local Foods

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Overview

1. **Standardized Recipes Featuring Local Foods**
2. **Nutritious, Delicious, Wisconsin**
 - a) **Lessons**
 - b) **Toolkit**
 - c) **Nutritious, Delicious, Wisconsin Week**



Wisconsin Agricultural Products



Standardized Recipes

Taco Slaw



Spiced Apple Parfait



Standardized Recipes

**Maple Butternut
Squash**



**Southwest
Seasoned Potatoes**



**Creamiest
Chickpea Curry**



Standardized Recipes

Sweet & Sour Chicken Stir Fry

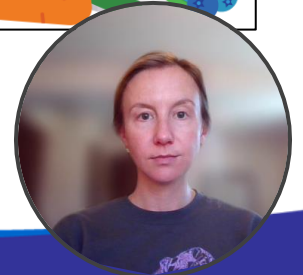
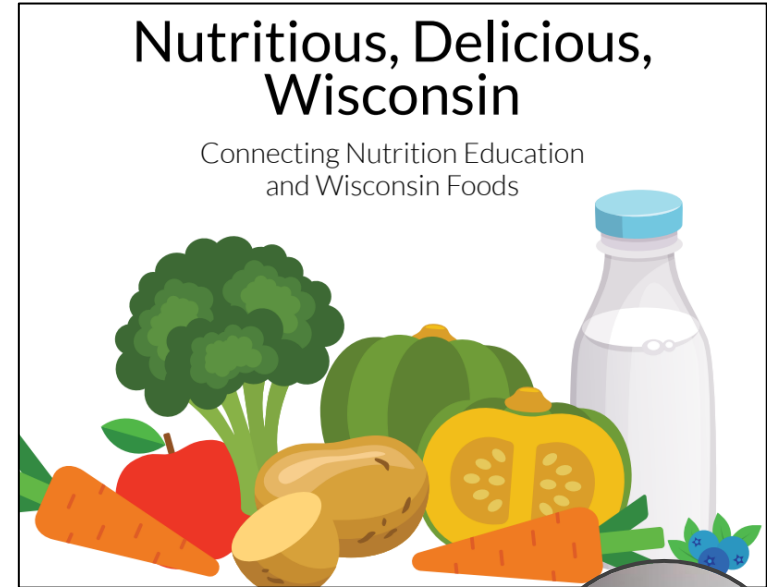


Pasta Inverno



Nutritious, Delicious, Wisconsin

- **Nutritious, Delicious, Wisconsin Lessons**
 - Uses Wisconsin produced foods to teach nutrition concepts to elementary students



Nutritious, Delicious, Wisconsin Lessons

Lesson 2:

Parts of a Plant



Wisconsin Agricultural Facts

There are many types of fruit and vegetable crops that can be grown in Wisconsin. However, due to Wisconsin's climate we have a short growing season. Some fruits and vegetables grow best in cool temperatures, while others require warm air and soil. Cool season crops such as carrots, lettuce, cabbage, and broccoli can be planted when the ground temperature is around 50 degrees. These crops can be planted in early spring as they can withstand cold temperatures. It's also important they are planted early as they need time to germinate, grow, set fruit, and mature.

Warm season crops require a higher soil and air temperature; therefore, they are always planted in late spring after the last frost date. Warm season crops include corn, winter squash, peppers, potatoes, tomatoes, melons, and cucumber. With a shorter growing season, many warm season crops cannot be planted directly into the soil. These plants can be started from seed indoors and transplanted. Commercial farmers may use greenhouses and other techniques to warm the soil and start plants when the temperature outdoors is still too cool.

Lesson Objective

Students will learn about different plant parts and classify Wisconsin plants according to what part is edible.

MATERIALS

- Parts of a Plant Activity Sheet



- Lessons that can be used as a series or standalone
- Total of nine lessons with six lessons that solely focus on the local agricultural products
- Lessons targeted for third to fifth grade




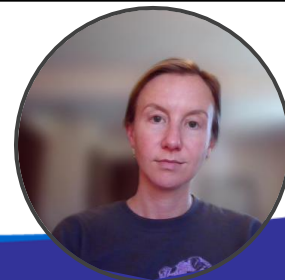
Nutritious, Delicious, Wisconsin Toolkit

<https://dpi.wi.gov/team-nutrition/nutritious-delicious-wisconsin>








Nutritious, Delicious, Wisconsin Toolkit

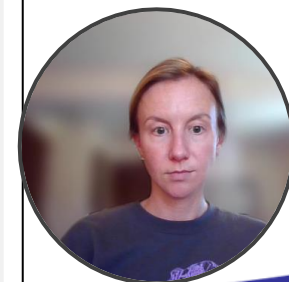


The *Nutritious, Delicious, Wisconsin Toolkit* provides information for school nutrition professionals to implement a Wisconsin Harvest of the Month program at their school. The toolkit contains recipes featuring Wisconsin agricultural products, information on local procurement, promotional materials, and education resources. The Wisconsin Harvest of the Month program is intended to help schools with starting or growing their farm to school program. For additional information and resources, visit [UW Extension's Harvest of the Month Website](#) 



Nutritious, Delicious, Wisconsin Toolkit

- [Harvest of the Month Overview](#) 
- [Local Procurement](#) 
- [Taste Tests](#) 
 - [Elementary School Taste Test Survey](#) 
 - [Middle/High School Taste Test Survey](#) 
- [Standardized Recipes](#) 
- Wisconsin Team Nutrition Recipes
 - The Nutritious, Delicious, Wisconsin recipes are a series of flavorful quantity recipes featuring Wisconsin agricultural products. These recipes have been scaled up and tested for feasibility and taste but remember that your school must standardize these recipes for use in your own operation.
 - [Wisconsin Parfait](#) 
 - [Taco Slaw](#) 




- Promotional Materials

- The following Nutritious, Delicious, Wisconsin materials can be used to promote your Harvest of the Month Program to students and families. The newsletter template, social media posts, and morning announcements can be customized to fit the unique needs of your school nutrition program.

- [Newsletter Insert](#) 

- [Social Media Posts](#) 

- [Morning Announcements](#) 

- Menu Images

- [Apple](#)

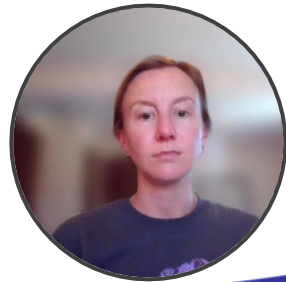
- [Broccoli](#)

- [Carrot](#)

- [Dairy](#)

- [Potato](#)

- [Winter Squash](#)



Menu Images





DIG INTO POTATOES



Nutritious • Delicious • Wisconsin!



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Videos



Nutritious • Delicious • Wisconsin



Nutritious, Delicious, Wisconsin Week

- September 2023
- Schools pledge to serve one of two recipes
- Receive free posters and service line clings



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Thank you!

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