

APRIL 2019



The Perfect Plate

When we think spring cleaning, we usually think about our home or work space... But what about our plates? Just like we organize our stuff, we can organize our food, too. A perfect plate has all five food groups present – fruits, vegetables, grains, protein, and dairy. This is the approach we take as we plan meals for our students and it works at home, too! As you plan meals for your family, imagine each food group in its place.¹

April 22 is Earth Day

This year, the focus for Earth Day is Protect Our Species – and one of those species is BEES. Plants need bees to pollinate, and a honeybee can visit 50-1000 plants in one trip!³ So one way to make a positive impact – *planting seeds!* Any flowering plant, including fruits and vegetables, gives bees a place to BE!

Keep America Beautiful

Did you know April is Keep America Beautiful Month? That means April is our invitation to get out and get to work... And while our communities will certainly benefit from our efforts this month, our families might benefit even more!⁴

1. <https://www.choosemyplate.gov/>
2. <https://www.usseeds.com/learning/planning-schedules/>
3. <https://www.earthday.org/campaigns/endangered-species/bees/>
4. <https://www.kab.org/>

Spring Means Seeds!

One proven way to cultivate a love of fruits and vegetables? Cultivating them together! Planting your own produce might seem overwhelming, but it's ok to start small! And spring is the time to get started. Here are some tips to get you going:

- Think about the **size** that makes sense for your family. Are you more likely to have success with a window box full of herbs or are you ready to take on a raised garden bed in the backyard?
- What **grows best** in your region? Search online for growing schedules and recommended seed varieties.²
- Choose a **mix** of fruits and/or vegetables that you know your family enjoys, plus, a few they might not have tried before.
- Children are much more likely to try – **and enjoy!** – a food they helped to grow themselves. Get ready for some new family favorites!



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com