

## SVVSD Receives \$7,500 for Fruits and Veggies

Nutrition Services and School Wellness were recently awarded three Project Produce: Fruit and Veggie Grants for Schools, courtesy of Healthy Skoop and The Chef Ann Foundation. The goal of these grants is to help schools increase kids' access to fresh fruits and veggies and nutrition education. Grants were awarded to Flagstaff Academy, Spark! Discovery Preschool, and the Teen Parenting Program at Olde Columbine High School. See below for program details and a few event highlights!



### Flagstaff Academy: Harvest Days

The Vision of Flagstaff Academy is to develop students who are equipped to be well-rounded, ethical leaders in the community with a foundation based on science and technology. One aspect of the well-rounded child is incorporating healthy lifestyle components into students' lives.



Flagstaff Academy is hosting four "Harvest Days" this year to highlight what students are planting and learning about in the Geo-Dome! Since the greenhouse does not grow enough for every student to have a taste, these events give them the opportunity to sample these amazing vegetables!

Ollin Farms, SVVSD's Nutrition Service and School Wellness came together on September 17th to highlight a colorful variety of tomatoes that were grown right down the road! Mark and Kena Guttridge, Owners of Ollin Farms hand picked and delivered 48 pounds of tomatoes which were prepped and served to students. A colorful variety of cherry tomatoes were sampled first, followed by a delicious roasted tomato on a whole wheat cracker. They were a huge hit with over 760 students sampling the produce!

On November 12th, Hakuri Turnips were highlighted, and on January 20th fresh from the snow covered ground, Carrots!



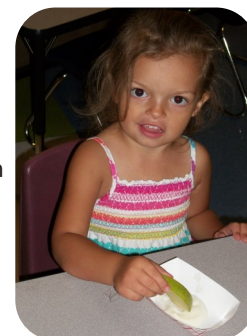
### SPARK! Discovers Fruits and Vegetables

Spark! Discovery provides preschool families and children with a comprehensive early learning program with a focus on Science, Technology, Engineering, and Mathematics. The school currently has 21 classrooms with students between the ages of 3-4. By providing positive food experiences, early childhood programs help children to develop an awareness of good nutrition and develop healthy eating habits for a lifetime. The goal is to find meaningful opportunities to expose students to fresh fruits and vegetables.



Their first event took place on October 5<sup>th</sup> & 8<sup>th</sup> to coincide with Colorado Proud School Meal Day. Students were given a variety of fresh fruits and vegetables to sample, an interactive read-aloud of "Up, Down and Around" - a book focused on how vegetables grow, and a hands on cooking experience making fresh Chickpea Pico de Gallo!

Spark! has also started a monthly "Harvest of the Month" classroom snack program. Each month, SVVSD's Nutrition Services prepares one special snack especially for this program that highlights a specific fruit or vegetable. So far, apples, pumpkins, avocados, cranberries and clementine's have been highlighted! Coming up next students will see beets, peas asparagus and strawberries!



### Teen Parent Program: Healthy Starts

The Teen Parenting Program at Olde Columbine Alternative High School has been a part of SVVSD for over 20 years. It is a career and technical education program that is designed to teach young parents the skills necessary to successfully parent a child, and to provide an on-site nursery so that parents can visit and feed their child throughout the school day.

This program is working with the teen parents on not only increasing their own fruit and vegetable consumption but that of their child as well. This will be accomplished by educating them on the importance of eating healthy, how to do so on a budget, cooking and preparing meals, and the importance of staying active.

Read the next Wellness Alive: Parent Newsletter for highlights on how the program is growing!

SVVSD Wants  
To Say Thank  
You To:

