



Growing Healthy Waves

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2019- First Semester Successes

Standards-based lessons have been the focus first semester for FoodCorps service member Bethany as she worked with fourth grade classes at Pierce Street Elementary and Rankin Elementary. Bethany loves to cook with the students and provided lessons that incorporated measuring, adding ingredients, stirring, and even crushing basil with a mortar and pestle. A total of 37 classes were offered first semester on food miles, making rainbow quesadillas and pesto, heat energy, local food miles, the effect of food on body organs, and pollution's effect on plant growth.



Taste Tests Introduce Real Food

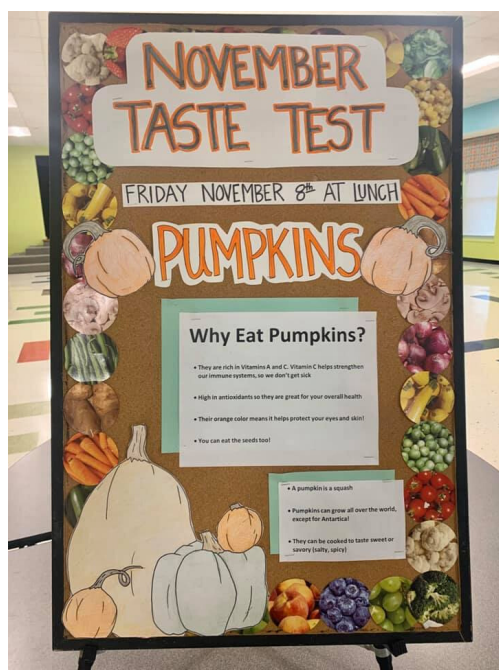
Each month Growing Healthy Waves offers a fresh fruit or vegetable to all students, even those who bring their lunch. This semester, the following vegetables have been featured:

RANKIN

- Peppers
- Spaghetti Squash
- Turnips
- Brussels sprouts

PIERCE STREET

- Tomatoes and Cheese
- Turnips
- Pumpkin
- Beets



Taste Test Results	
RUTABAGA	
Out of 261 Voters	
100	LOVED IT!
41	LIKED IT
20	NOT MY FAVORITE

Dietetic Interns Boost Learning by Growing Healthy Waves

Growing Healthy Waves is so incredibly fortunate to be a rotation for dietetic interns from both Ole Miss and Mississippi State. Having these knowledgeable young men and women is a boost to our program and a wonderful resource for FoodCorps service member Bethany. Our interns have helped with developing flyers spotlighting healthy options, prepping and serving at Taste Tests, working in the gardens and greenhouse, and standardizing recipes. We appreciate each of them for the gifts they bring to the Tupelo Public School District.



Sprout House- 0 Olga- 1

The Sprout House had a major setback as Tropical Storm Olga rolled through our area on a Saturday in late October. Straight-line winds ripped and lifted the film off the greenhouse. Materials along with plants inside were tossed around, boards were cracked, and the spring system of rolling and unrolling the plastic was mangled. It took several weeks of hard work to get everything cleaned up and back to normal. Selling poinsettias by students was completely disrupted along with other projects. We are grateful that the Sprout House is now back in business.



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