

Kids In Nutrition



Food Waste Reduction Series

MESSAGE OF THE WEEK:

DEAR PARENTS,

GREETINGS! KIDS IN NUTRITION (KIN) IS BACK FOR ANOTHER WEEK TO TEACH YOUR CHILD ABOUT REDUCING FOOD WASTE.

PRODUCE IS THE LARGEST SOURCE OF FOOD WASTE IN THE U.S., AND MANY OF THE PARTS WE USUALLY THROW AWAY—LIKE STEMS, STALKS, SKINS, AND PEELS—ARE ACTUALLY EDIBLE, NUTRITIOUS, AND PERFECT FOR COOKING. USING THESE PARTS HELPS PREVENT WASTE OF BOTH THE FOOD AND ALL THE RESOURCES (WATER, LAND, ENERGY) THAT WENT INTO GROWING IT, NOT TO MENTION SAVING YOUR WALLET!

LESSON 2: PLANTING PLANT PARTS — STUDENTS WILL LEARN ABOUT THE IMPORTANCE OF USING ALL PARTS OF THE PLANT TO REDUCE FOOD WASTE. THEY WILL ALSO LEARN HOW TO PROPAGATE VEGETABLES FROM FOOD SCRAPS!

WE HOPE YOU AND YOUR CHILD ENJOY THE KIN PROGRAM AS MUCH AS WE DO! THANK YOU, AND WE WILL SEE YOU NEXT WEEK!



LESSON 2:

PLANTING PLANT PARTS

Food Waste Reduction Series

KIN

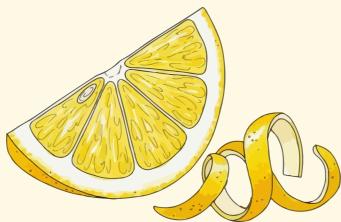


LESSON 2: KEY POINTS



01 - Parts of the Plant

The main parts of a plant are the Seed, Root, Stem, Leaf, Flower, Fruit. These can be used in many dishes.



02-Using the whole plant

One of the things we can do to lessen food and resource waste is to use up as much of the plant as possible. For example, we can use the stalks and stems of vegetables to make stock and use the zest of lemon peels before juicing them.



03-Propagation

Propagation is the process of creating a new plant from a parent plant. We can replant the base of vegetables to create an identical version of itself.

Ex. We can replant romaine lettuce 1-2 times and green onions 3-4 times.

WEEKLY CHALLENGE

LESSON 2

Try propagating a plant at home! Easy choices include cilantro, green onions, & lettuce!



REMINDER:

Encourage your child to log what they did in their weekly challenge tracker

2) Remind your student to BYOC (Bring Your Re-usable Own Container) for next week's KIN Recipe.



How to Propogate:



To propogate green onions:

1. Place the onion roots in a clear cup of water.
2. Once the roots appear, move the onions to a pot full of soil. Keep them in a sunny area.



To propogate romaine:

1. Remove the outer leaves and place the bottom of the romaine heart in a bowl with 1-2 Tbsp of water.
2. Once the lettuce sprouts in about a week, transplant into the soil.





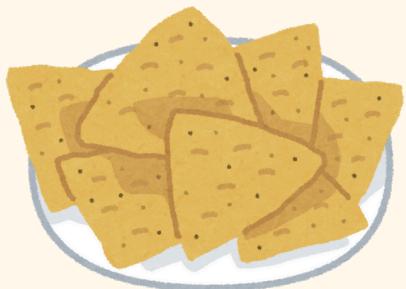
GREEN ONION DIP

Prep: 10 minutes

Servings: 4

Ingredients

- Green onions
- Fresh herbs
- Lemon zest
- Lemon juice
- Salt and pepper
- Hummus or white beans
- Optional: garlic and olive oil.



Instructions

1. Cut green onions, finely (using kitchen scissors)
2. Cut fresh herbs, finely (using kitchen scissors, include the stems)
3. Zest and juice the lemons
4. Season with salt and pepper
5. Mix the hummus with all the ingredients. If using white beans, smash them with a fork first
6. Enjoy with your favorite chip



NUTRITION SPOTLIGHT



FIBER HELPS SWEEP OUT WASTE, KEEPS OUR GUT HAPPY, AND SUPPORTS HEART HEALTH (AND MOST OF US DON'T GET ENOUGH!) BEANS AND CHICKPEAS—LIKE THE ONES IN OUR HUMMUS OR HOMEMADE BEAN DIP—ARE FIBER POWERHOUSES!

THEY ARE ALSO PACKED WITH PROTEIN WHICH HELPS OUR BODIES STAY STRONG.



THANK YOU &
SEE YOU
NEXT WEEK!

