



Linda Tesar—January 2013—“What Is an Eggplant?”

Children at Dr. Mary Giella Elementary tasted something that most of them had never heard of, eggplant! All students were offered a taste of roasted eggplant during their lunch period in a once-a-month series of “Tasty Tuesdays.” Some were very reluctant, but it’s amazing to see how they can influence each other. When one student was a willing taster, then others would follow. The response was mixed, but the children were enthusiastic and excited to have a visit from Family Nutrition Program (FNP) staff and two volunteer chefs.



FNP program assistant also visited six kindergarten classes. She read the story, “ATrip to the Farmer’s Market with Kip.” (Kip is an eggplant.)

The opportunity to visit the school cafeterias has been an excellent way of getting a large number of children (approx. 600 at each school) to taste new foods, especially fruits and vegetables.

Linda Tesar—February 2013—“How Do You Get Children to Try New Foods?”

The children at Fox Hollow (571) and Dr. Mary Giella (623) Elementary Schools were offered a taste featuring the fruit and vegetable of the month, cabbage and grapefruit. The cabbage was used in a fruited coleslaw recipe, and the grapefruit was freshly cut into sections. Hundreds of students tasted the food offered by FNP staff and two volunteer chefs in their cafeteria during lunch.



Third graders at Fox Hollow Elementary got to taste vegetables they had grown in their school garden. It was a very exciting day for them to harvest their vegetables with two volunteer chefs and Pasco Master Gardeners.



Many children excitedly asked, “What will we be trying next month?”