



Hey kids, become a FOOD EXPLORER and check out this Month's Discovery...

Broccoli & Cauliflower



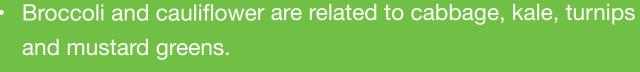


Did you know...?

 September is the best time to buy Massachusetts-grown broccoli and cauliflower.



- Italians brought broccoli to America and made it popular starting in areas like Boston's North End.
- Today the average American eats 4½ pounds of broccoli per year, compared to only about ½ pound 20 years ago.







DELICIOUS AND NUTRITIOUS

Broccoli and cauliflower are packed with nutrients that protect us from illness and keep us strong.

A SUPER SNACK IDEA

These little green and white "trees" are fun to dip! Eat them, raw or slightly cooked, with your favorite low-fat dressing or dip.

VEGGIE HUMOR

A student walks into the school nurse's office.

He has cauliflower up his nose and broccoli in his ears. "What's the matter with me?" he asks the nurse.

Nurse: "You're not eating properly!"



For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663. UMass Extension is an equal opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director's Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights.

