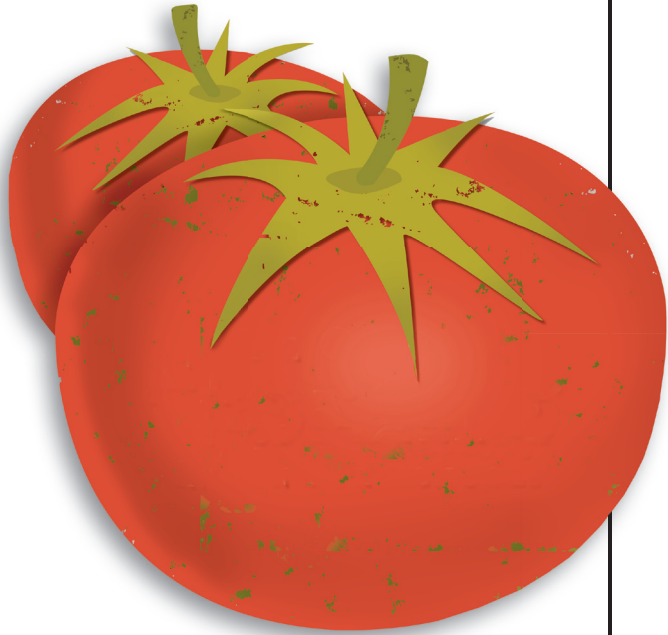


THE OREGON
TOMATO
GROWN FOR SCHOOLS



Tomatoes: Try Colors!

Tomatoes come in different colors ... try them all for great health!

HARVEST BITES

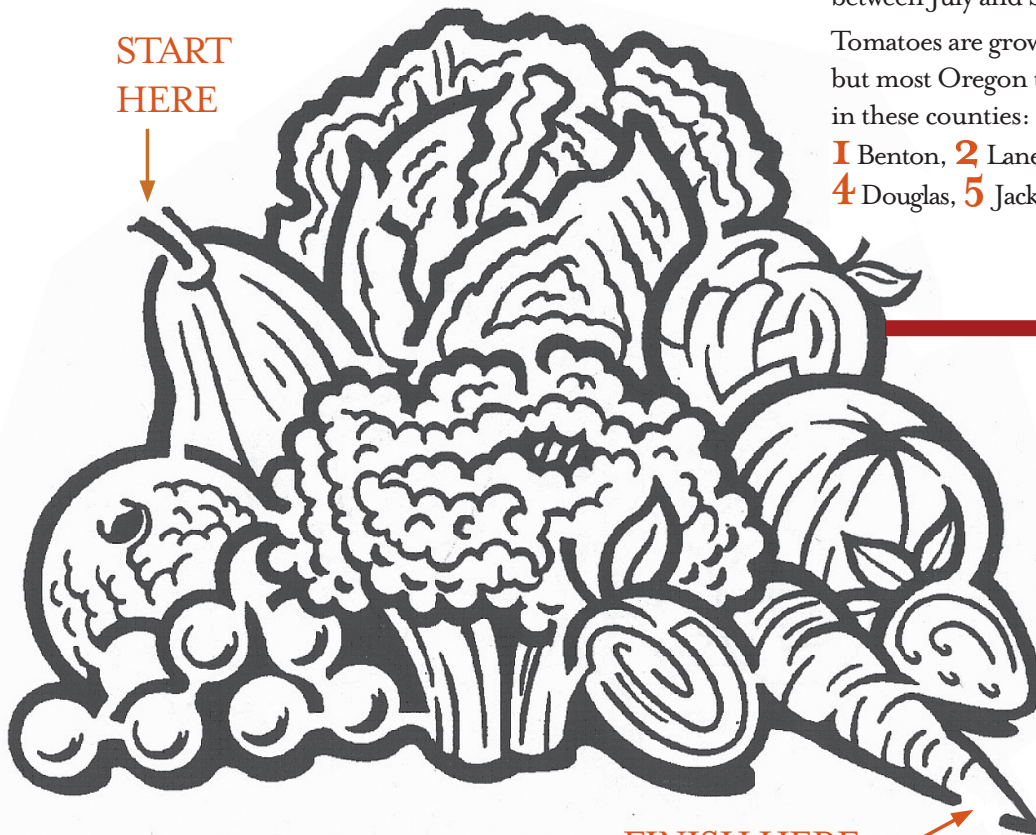
- Circle all tomatoes and tomato products on the menu
- How many did you find?
- How many do you plan to eat this week?
- What is your favorite way to eat tomatoes?

FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm To School and School Garden Program under Associated Topics.

Just for Kids

More Tomato Fun

Find your way through the edible maze. Then color the fruits and vegetables, label them, and draw stars next to the ones you like to eat. ★★★★★



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES		
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day
If you are active, eat the higher number of cups per day. Visit fruitsandveggiesmatter.gov to learn more.		

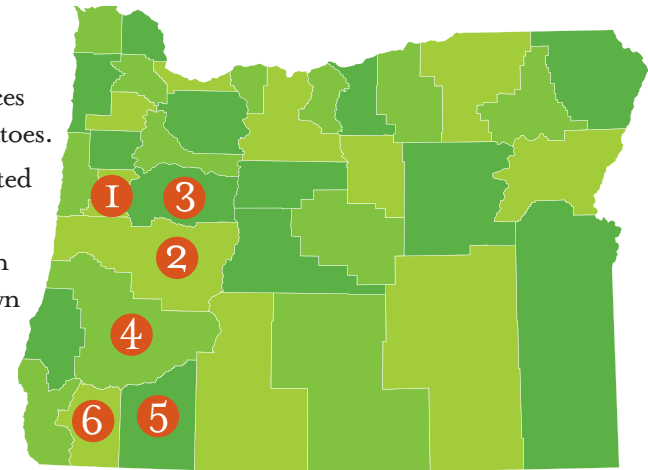
Grown In Oregon

On Oregon farms, one acre produces 46,000 pounds or 23 tons of tomatoes.

Oregon tomatoes are usually harvested between July and September.

Tomatoes are grown all over Oregon but most Oregon tomatoes are grown in these counties:

- 1 Benton, 2 Lane, 3 Linn,
- 4 Douglas, 5 Jackson, 6 Josephine



Healthy, Fit and Ready to Learn

■ Fruits and vegetables are a natural source of energy. They give us the nutrients we need every day. ■ Think of Cherry Tomatoes when looking for a quick snack that's nutritious, yet easy to eat on-the-go. ■ Oregon Harvest for Schools is a great way for your family to learn about eating more fruits and vegetables.

