


NY HARVEST FOR NY KIDS WEEK
 October 2-10, 2004

Sample NYS Menu 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meatball Sub</p> <p>NYS Carrot Sticks</p> <p>NYS Apple Cider</p> <p>NYS Milk White or Flavored</p> 	<p>NYS Baked Potato w/ Chili Cheese</p> <p>Coleslaw made w/ NYS Cabbage</p> <p>Dinner Roll</p> <p>Peaches</p> <p>NYS Milk White or Flavored</p>	<p>NY Turkey Sandwich</p> <p>Oven Roasted NYS Potatoes</p> <p>Fresh NYS Pear</p> <p>NYS Milk White or Flavored</p>	<p>Beef Tacos topped w/ Lettuce, Tomato and NYS Cheese</p> <p>Fresh Broccoli w/ Ranch Dip</p> <p>NYS Empire Apple</p> <p>NYS Milk White or Flavored</p>	<p>Cheese Pizza topped w/ NYS Toppings</p> <p>Tossed Salad w/ NYS Vegetables & Italian Dressing</p> <p>Fruit Cocktail</p> <p>NYS Grape Juice</p> <p>NYS Milk White or Flavored</p>

New York Harvest Week Goals	Top 10 Foods Produced in New York State	Benefits of Eating Locally Grown Produce	Where to Find Local Food	Protect the Environment
<p>New York Harvest for New York Kids Week is being promoted to increase awareness and to teach children the importance of local agriculture and food. The goal of a healthy diet for children can be met with increased consumption of locally grown and produced New York fruits, vegetables and dairy foods. Together we can help our children and our farms grow strong and healthy.</p>	<ol style="list-style-type: none"> 1. Dairy Products 2. Apples 3. Potatoes 4. Eggs 5. Cabbages 6. Sweet Corn 7. Onions 8. Grapes 9. Snap Beans 10. Tomatoes 	<ul style="list-style-type: none"> • Shorter transportation and storage time • Fresher fruits & vegetables • Retain more nutrients • Reduced need for post-harvest pesticide use • Support local farmers 	<ul style="list-style-type: none"> • Grocery store (if they don't have any ask them to get it) • Farmers' markets • Farm stand or store • Farm (pick-your own) • Restaurants (the trendiest food is fresh and local) 	<p>When you eat more New York foods you help more local farms stay in business and those farms help preserve open space, plants, animal habitats and beautiful natural landscapes.</p>

Suggested New York Harvest for New York Kids Activities:

Saturday and Sunday, Visit your local farm or farmers' market, or stop at a market on the **NYS Thruway**. Monday: Draw a picture of your favorite food. Does it grow in New York? Tuesday: Find out what foods are grown near where you live. Can you grow food in NYC? Weds. : Did you eat 5 or more fruits & vegetables today? Thurs.,: How many NY foods can you find in the supermarket? Friday,: If you haven't already had a crisp New York apple this week, make sure you r family gets some for tomorrow. Sat.,: Drink 3-4 cups of New York milk. Sunday: Have a New York meal at home!