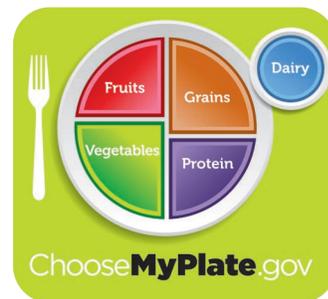


# My School, My Food



The MyPlate guide helps you remember to include food from all five food groups in your meals each day. These food groups are building blocks to a healthy diet.

What did you eat for your school lunch today? List each item under its food group. List items that combine food groups (like pizza) under all the food groups that apply.

Fruits	Vegetables	Grains	Protein	Dairy
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**Now** choose two of your lunch items. Write the source for each 1. \_\_\_\_\_ →  
after the arrow (for example, a carton of milk comes from dairy 2. \_\_\_\_\_ →  
cows). Remember, food isn't grown at the store!

**Parents!** If your child participates in your school's meal program, it's very likely that his or her lunch may have come from a local food source. Many school meal programs in our region use dairy products from local farms that are members of American Dairy Association North East (ADANE). Locally produced foods come to your table at their peak flavor and nutritional value. Eating locally also boosts your community economically by supporting the agricultural connections between farmers, businesses, and consumers like you.

Eat locally by serving this tasty pizza with a fresh salad using greens and vegetables from your nearby farm or your school or home garden, along with milk from your local dairy.

## Tasty Garden Pizza

Cooking time: 30 minutes. Serves 4 (2 slices each). Experiment by adding garlic, a flavored vinegar combined with the oil, and other homegrown veggies of your choice!

### Ingredients

- 1 10-ounce can refrigerated pizza crust dough
- Cooking spray
- 2 tsp. olive oil, divided
- 3 small tomatoes, sliced thin
- 1 medium pepper, sliced thin
- 1 cup (4 oz.) shredded mozzarella cheese
- 2 Tb. Parmesan cheese
- ½ cup basil, chopped thin
- salt and pepper to taste



### Preparation

1. Preheat oven to 400°.
2. Coat a pizza pan with cooking spray. Unroll crust dough into the pan shape. Bake at 400° for 8 minutes. Brush with 1 tsp. oil.
3. Place tomato and pepper slices on crust, leaving ½ inch around all edges. Mix cheeses together and sprinkle evenly on top. Bake at 400° for 12 minutes. Dough is done when cheese melts and crust is golden.
4. Sprinkle pizza evenly with chopped basil, salt, and pepper. Drizzle the remaining oil evenly over the surface. Garnish with whole basil leaves if desired. Cut into 8 slices, and enjoy!

## Tips for Shopping Local



- Most products include “grown in” information directly on the product or its packaging. Or ask your grocer which foods and dairy products are from local sources.
- Shop local farms for everything from dairy products to vegetables and to experience farm tours.
- Find out if there is a Community Supported Agriculture (CSA) program for your area at [www.localharvest.org/csa](http://www.localharvest.org/csa). CSAs supply boxes of fruits and vegetables on a weekly or monthly basis fresh from the farm to you.



Local milk is available 365 days a year.



AMERICAN DAIRY ASSOCIATION



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