

Challenge of the Month

Group 5#14 500pts for each

The USDA #CACFPtac MyPlate,MyState Challenge

This is what they call a winner, winner chicken dinner! Think of how fun and easy to share with children, parents and providers about foods in your own state.

Go to the [website](#), click on your state, read all about the foods in your state.

MyPlate, MyState is the newest component of MyPlate, MyWins and leverages the prime growing and farmers market seasons. MyPlate, MyState asks the questions: What foods, flavors, and recipes is your state/territory known for, and how do they fit into your healthy eating style? [website](#)

Find a healthy eating style that works for you through small changes they can maintain over time — MyPlate, MyState expands on this concept through a focus on local flavors, foods, and recipes. Foods and flavors from every state and territory in this nation can help us all create lasting healthy eating styles we can enjoy. MyPlate's building blocks for healthy eating are a great place to start. Cook up some homegrown pride by using some of the resources listed on the site.

CACFP *take ACTION* with MyPlate, MyState

Providers: Once you have clicked on your state, take a picture of your state info (a screen shot, or just use your phone) then submit. For the next submission take a picture, of whatever you decide is applicable (like picking or shopping for the food that comes from your state, or even a recipe). Share this info and site with the children and or your parents. Try out the winning [Healthy Lunchtime Challenge and Kids](#) recipes from your state. Share this info and site with the children/ parents/providers for points. See example>

Sponsors: Once you have clicked on your state, take a picture of your state info (a screen shot, or just use your phone) then submit. For the next submission take a picture, of whatever you decide is applicable (like picking or shopping for the food that comes from your state, or even a recipe). Try out the winning [Healthy Lunchtime Challenge and Kids](#) recipes from your state. Share this info and site with the children/ parents/providers for points. Share this information and site with the children, your parents and providers.

CACFP *take ACTION* CHALLENGE



Hello CALIFORNIA!

To build on the main goal of the MyPlate, MyWins campaign — to help Americans find a healthy eating style that works for them through small changes they can maintain over time — MyPlate, MyState expands on this concept through a focus on local flavors, foods, and recipes. Foods and flavors from every state and territory in this nation can help us all create lasting healthy eating styles we can enjoy. MyPlate's building blocks for healthy eating are a great place to start. Cook up some homegrown pride by using some of the resources in the lists below.



Common foods grown/ produced in California

- almonds, apples, apricots, asparagus, artichokes, avocados, barley, beef, black-eyed peas, blueberries, broccoli, cabbage, cantaloupe, carrots, cauliflower, cheese, cherries, chicken, chickpeas, cucumbers, dates, eggs, figs, garlic, grapefruits, grapes, green beans, honeydew, kiwi fruit, leaf lettuce, lemons, lima beans, milk, mushrooms, nectarines, oats, olives, onions, oranges, peaches, pears, pecans, peppers, pistachios, plums, potatoes, prunes, pumpkins, raspberries, red kidney beans, rice, romaine lettuce, spinach, squash, strawberries, sweet corn, sweet potato, tangerines, tomatoes, turkey, walnuts, watermelon, wheat

The 2016 Healthy Lunchtime Challenge Cookbook and winning recipes are now available online at *What's Cooking? USDA Mixing Bowl*