

Students Enjoy a Sweet Valentines with Sweet Peppers

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Stewart Elementary kindergarten and first graders enjoyed candy this Valentine's Day but another kind of sweet treat too – sweet peppers. Through Pick a Better Snack and Try Day Friday programs delivered by Washington County Extension, over 200 youth learned about, saw examples of and tried peppers – SWEET peppers – for Valentines.

Both programs bring fresh fruit or vegetables into the classrooms for snacks. During Try Day Friday kindergarteners saw the variety of hot and sweet peppers, learned about their hollow insides and learned how you can 'eat the rainbow' when eating peppers. 1st graders learned about the USDA Healthy MyPlate and how each meal should include the 5 food groups. They tried three colors of sweet peppers.

These healthy living programs are supported by Washington County Extension, Fareway and the Washington County Riverboat Foundation. Contact the Extension Office, 319-653-4811, with questions or to help fund this program financially. More photos are posted at "Washington County 4-H-Iowa" Facebook with up to date information on other youth programs around the county.



Ms. Jill Bader's kindergarten students gave the sweet peppers a thumbs up and enjoyed seeing the variety of hot pepper shapes and sizes too.