



Fun Fact: In the 1930's, Popeye has been credited to increasing the national Spinach consumption around 33%!

# FAMILY NEWSLETTER

## SPINACH

This month the children will be learning about and trying spinach. Eating spinach can have many benefits for our health. This green leafy vegetable is high in vitamins A, C, iron, folate and fiber. Just half a cup of raw spinach counts as one of our 5 servings of fruits and vegetables needed in a day! It is best in the spring and fall, but it can be found all year. It's a cool weather crop.

Fun ways to eat spinach

Blended in smoothies or  
soup

Salads

Spinach chips

Add it to pasta dishes



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