### **LUNCH BITES**

## **Douglas Fir Trees**

#### FUN FACTS:

- The Douglas Fir tree became the official state tree of Oregon in 1939.
- The Douglas Fir's soft, fragrant, dark to blue-green needles have made it one of the most popular Christmas trees all over the United States.
- Douglas Fir seeds and foliage are an important source of food and cover for many animals, including songbirds, rabbits and elk.

## Hey Kids!

Check out this video >>>>

(Open the camera on your iPad and hold over QR code)



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### **LUNCH BITES**

### **KALE**

### Fun Facts:

- Kale is a vegetable with green or purple leaves.
- Kale is considered a super nutritious food because it has more calcium than milk and more vitamin C than an orange. But not all kale is edible.
- Some varieties of kale can grow to 5-7 feet tall.

**Hey Kids!** Check out this video to learn more about Oregon grown **kale** >>>>



(Open the camera on your iPad and hold over QR code)



What do you call a movie about vegetables?

A fairy kale!



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### **LUNCH BITES**

### **Bear Snores On**

#### A Read Aloud Written by Karma Wilson and Jane Chapman

Mouse creeps into hibernating Bear's cozy lair looking for relief from the cold night, and soon is joined by Hare, Badger, Mole, Wren and Raven. Bear snores on as the high-spirited party gets going. The critters pop corn, make tea, twitter and chatter, until Bear wakes up with a giant sneeze! See what happens when he finally wakes up and finds his cave full of uninvited guests - all of them having a party without him!

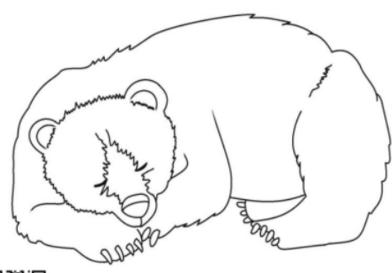
Hey Kids! Check out this video>>>>>>>

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What color socks do bears wear? They don't wear socks, they have bear feet!

### **LUNCH BITES**

## January is National Soup Month

In the deep chill of January, National Soup Month warms us up with piping hot bowls of comfort! Gather up your recipes and fixings. Where to start? When it comes to soups, there are so many choices! Creamy squash, split pea, hearty beef and vegetable. Are you hungry yet? Whether you make French onion or baked potato soup, we know these filling soups are a staple of winter meals. It's a month-long celebration, so make them all!

Hey Kids! Grab your grown up and make it a family fun in the kitchen night! Soup is good food!





What do firefighters put in their soup? Firecrackers!



## Bocadillos para el almuerzo

# Col Rizada de Oregon Cultivados Para Escuelas

Mira este video >>>>



(Abra la cámara en su iPad y mentenga presionado el código QR)





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## Bocadillos para el almuerzo

## Oso no para de roncar

Mira este video >>>>>



(Abra la cámara en su iPad y mentenga presionado el código QR)





garden for every school an education program of the environmental centers

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## Bocadillos para el almuerzo

## Enero es el Mes Nacional de la Sopa



Mira este video >>>>

(Abra la cámara en su iPad y mentenga presionado el código QR)





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