

MICHIGAN STATE UNIVERSITY | Extension

# Farm-to-Pizza



## Fruits and Vegetables Grown in Michigan

Apples, Asparagus, Beans, Bell Peppers, Blueberries, Cabbage, Carrots, Celery, Cherries, Corn, Cranberries, Cucumbers, Grapes, Onions, Peaches, Pears, Plums, Potatoes, Pumpkin, Squash, Raspberries, Blackberries, Spinach, Strawberries, Corn, Tomatoes, and many more!

**Try shopping at farmstands or farmer's markets for fruits and vegetables that are grown in Michigan!**



**Fruits and vegetables have a lot of vitamins and minerals that help keep your body strong and healthy!**

Today we made pizza at school. You can try this at home! **Ingredients for an English Muffin Pizza:**

\*Whole Wheat English Muffin



\*Pizza Sauce



\*Low-fat Mozzarella Cheese



\*Fresh vegetables like spinach, mushrooms, or bell peppers!

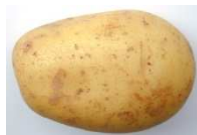


With the help of an adult, try warming your pizza in the oven!



## Low-Fat Dairy

Skim milk and other low-fat dairy products, such as cheese and yogurt, are naturally packed with good things for your body such as calcium, potassium, and protein! All of these things help build strong bones and teeth. By choosing low-fat dairy products, we help keep our bodies healthy and strong!



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