

# Eat your way through the alphabet! 2026

## **A = Applesauce Cup**

Apple sauce has been made for hundreds of years, being cooked in the medieval period in Europe, and it was an efficient process to keep uneaten or unsold apples from rotting during winter months.

## **B = Baked Beans**

In 1876 B&M baked beans were the first baked beans to be sold in cans. The Burnham & Morill Company canned baked beans for use by fishermen who worked their fishing fleet out of Portland, Maine.

## **C = Chicken**

Chickens can see more colors than humans. Chickens can communicate with each other using over 30 different sounds.

## **D = Dinner Roll**

Dinner rolls originated in Europe, with some sources pointing to England as the likely birthplace. They became popular in the United States during the 19th century and are now a staple at meal time worldwide.

## **Donut**

The world's largest donut was made in Utica, New York in 1993. It weighed over 3,000 pounds and was over 16 feet in diameter.

## **E = Eggrolls**

American egg rolls, like other Americanized Chinese foods, might use vegetables or flavors not common in China. For example, some might even have broccoli!

## **F = Fruit Punch**

It is commonly believed that punch originated in India and, during the 1600s, was culturally exported to England and the rest of the European continent through the East India Company. The name is thought to derive from the Hindi word panj, meaning five in reference to its five ingredients: spirit, sugar, spice, sour citrus, and water.

## **G = Grape Juice**

Latest scientific studies suggest that juice extracted from the purple-colored type of grape known as Concord, can prevent development of breast cancer.

## **H = Hamburger**

An interesting fact about hamburgers and sandwiches: Burger is not a sandwich, but a sandwich can be a burger.

## **I = Ice Cream**

The ice cream cone was invented at the St. Louis World's Fair in 1904, when a Syrian named Ernest E. Hamwi used batter at his waffle booth to make cones to help out his neighbor, an ice cream vendor who had run out of bowls.

## **J = Jam**

What's the difference between jam and jelly? It's all about texture—jam contains fruit pieces, while jelly is made from fruit juice.

## **L = Lemon**

In the olden days, the rarest and most prized gift a king could receive wasn't a sparkling gem – it was a bright yellow lemon. Lemons were incredibly scarce, making them a symbol of immense wealth and a privilege reserved for royalty.

## **M = Mango Chunks**

Mangoes grow on trees and in tropical regions, including southern Florida and southern California. Green mangoes have more vitamin C than ripe mangoes however as mangoes ripen, they contain more vitamin A.

### **O = Orange Juice**

Did you know that orange juice was first mass-produced during World War II to provide soldiers with a vitamin C boost? Or that a single glass can pack more than 100% of your daily vitamin C needs?

### **P = Pancakes**

The first pancakes were fried concoctions called Alita Dolcia ("another sweet" in Latin) and were made by Romans in the 1st Century AD. They were made from milk, flour, eggs and spices and were very similar to pancakes.

### **Pizza**

Pizza originates from Naples, Italy. The word "pizza" was first documented in A.D. 997 in Gaeta. Traditional Neapolitan pizza has a thin crust, tomato, mozzarella, fresh basil and olive oil. Pepperoni is the most popular pizza topping in the US.

### **R = Rice Cakes**

A rice cake is a food made from rice that has been shaped or pressed into a single piece. You can find many different kinds of rice cakes in cultures all over the world, especially in Asia. They can be made from rice flour, ground rice, or even whole grains of rice pressed together. Sometimes, other ingredients are added to help them stick.

### **S = Sweet Potato Fries**

Fried sweet potatoes are known as patates in Guinean cuisine, where they are more popular than potatoes and more commonly used to make fries.

### **T = Tortilla Chips**

Doritos got their start in the 1960s at Disneyland restaurant Casa de Fritos when the restaurant's tortilla supplier suggested cutting up, frying, and seasoning unused tortillas rather than tossing them

### **Taco**

The word "taco" means "light lunch" in Spanish. The main difference between a burrito and a taco is that a burrito is larger than a taco. A single burrito is usually the entire meal.

### **U = Ugli Fruit**

This unique citrus fruit, also known as Jamaican tangelo, combines the best traits of grapefruit, orange, and tangerine. Its name might sound funny, but its taste is anything but. Originating from Jamaica, Ugli fruit has a bumpy, greenish-yellow skin that hides a juicy, sweet-tart interior.

### **W = Waffle Fries**

Waffle Potato Fries were first rolled out in 1985 and turned the French fry industry upside down. The name for crinkle-cut potatoes is "waffle fries". This name is derived from the fact that the potatoes are cut in a way that resembles the shape of a waffle.

### **Watermelon**

Watermelon is both a fruit and a vegetable. Watermelon's official name is Citrullus Lanatus of the botanical family Cucurbitaceae. It is cousins to cucumbers, pumpkins and squash.

### **Wildcard: Rice Krispie Treat**

Rice Krispies Treats were invented in 1939 by Kellogg Company employees Malitta Jensen and Mildred Day "in the Kellogg kitchens in Battle Creek, Michigan as a promotional vehicle for the cereal."

### **Wildcard: Nachos**

Nachos were invented in 1943 by Ignacio Anaya. Anaya worked at a restaurant called the Victory Club in Mexico. One night, the wives of several soldiers arrived at the restaurant after it had closed for the day. Anaya cut some corn tortillas into slices and topped them with cheese and sliced jalapeño peppers to make a snack for the women. He called the dish "Nacho's special." Eventually it came to be known simply as "nachos." Nachos are most popular in Mexico.