

# SFE Nutrition Spotlight

December 2015



## Celebrate the Holidays

**Celebrate the season with some fun, family games!** The holidays are a great time to spend with loved ones, and what better way than to play games or **create an easy craft together!**

Page 2 will give you an idea for a fun craft project to do with the little ones.

**There is also a warm soup recipe you can prepare with your older students. Take this Winter Break to enjoy some fun activities! Have a wonderful holiday!**



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## Vegetable of the Month

**Everything Bean!**

### Benefits

Studies have shown that people who eat more **legumes (beans)** **have a lower risk of heart disease.**

Beans also contain a wide range of **cancer-fighting plant chemicals.**

Beans **provide the body with soluble fiber**, which plays an important role in controlling blood cholesterol levels.



**Our featured bean recipes for the month of December will be:**

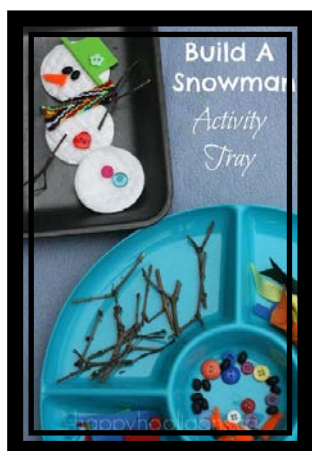
**Kidney Beans** on the salad bar **December 3rd.**

**Charro Beans** as the hot vegetable **December 10th.**

**Texas Chili Bean Salad** on the salad bar **December 17th.**



**For questions, please contact Food and Nutrition Services Director Althea Albert-Santiago, 314-345-4519**



## Holiday Crafts for the Kids!

This activity is great for the little ones. The best part of the activity is that you can use odds and ends around your house.

Suggested items for this craft: **sectioned tray; white cosmetic pads or white craft foam circles; small pieces of ribbon, trim or fabric; craft foam or cardstock (for the hats); buttons; dried black beans; plastic ice crystals; orange felt (carrot noses) and small twigs.** We hope you enjoy this great activity!



## Roving Chef Updates

Roving Chef continues with taste testing at multiple schools. Most recently, we conducted classes at Soldan and Roosevelt high schools. Students **enjoyed sampling hummus with carrots along with varieties of tater tots!** The tater tots were dusted with a low-sodium, zesty chipotle

seasoning. In addition, there was a **Greek yogurt dill dipping sauce** for them to enjoy. They were a hit with the students! We look forward to cooking with your students! **Encourage your administrators to sign up for Roving Chef!**



## Nutrition Education Updates

Going strong!



Thus far, this has been the most successful year for our **Nutrition Education program!** We continue to visit schools, teaching students the importance of healthy eating. We are **improving our lessons every day by including new food samples and innovative activities!**

The students at Yeatman-Liddell Middle School recently had the opportunity to sample **zucchini, cauliflower and red peppers.** The students loved the vegetables and enjoyed learning how to incorporate them into their meals and snacks.

## Menu Updates

**Breakfast for LUNCH! December 9th!**

**Wake up! Wake up! It's Breakfast for LUNCH!!! December 9th** will be Breakfast for Lunch in the cafeterias! We will **feature our Crispy Bagel and Sausage Egg and Cheese Sandwich.**

**Served alongside this savory sandwich will be golden hash brown sticks and refreshing orange juice. ... Yes, that's right. Juice for lunch! Be sure your student does not miss out on December 9th.**



## Vegetable of the Month:

**Beans, Beans, Beans!!!**



For the month of **December**, we have decided to pay tribute to the bean, also known as a legume.

Beans are packed with protein and fiber, making them a great meat substitute!

We are offering a few varieties of beans this month. **Kidney Beans will be featured on the salad bar December 3rd.** This dark red bean is a delicious addition to our fresh salad bar.

**Charro Beans** will be the hot vegetable on **December 10th** -- a pinto bean with a spicy kick!

Finally, **Texas Chili Bean Salad** (a zesty mix of black beans and kidney beans) will be on the salad bar along with other fresh vegetables on **December 17th.**

### **Try it Tuesday: Breakfast Banana Split, December 1st**

It is the season of giving, and we decided to give student **TWO Try it Tuesday options for December!** First, we have the **Breakfast Banana Split**, featuring fresh bananas topped with vanilla yogurt, along with fresh strawberries and graham crackers!



### **Try it Tuesday: BBQ Beef Sub w/Mozzarella Cheese, December 15th**

This sub offers the **sweet taste of teriyaki and the zing of BBQ sauce**, topped with melted mozzarella cheese and onions -- a little taste of summer in the month of December!



## Vegetable of the Month Recipe: Ham and Bean Soup

**Total Time, 30 minutes**

Serves 7 people

### **Ingredients:**

- |  |                                  |
|--|----------------------------------|
| - 2 medium carrots, sliced   | - 2 celery ribs, chopped         |
| - 1/2 cup chopped onion  | - 2 tablespoons butter           |
| - 4 cups chicken broth   | - 2 cups fully cooked ham, cubed |
| - 1 teaspoon chili powder  | - 1/2 teaspoon minced garlic     |
| - 1/4 teaspoon pepper  | - 1 bay leaf                     |
| - 4 cans (15-1/2 ounces each) great northern beans, rinsed and drained |                                  |

### **Instructions:**

- 1) In a large saucepan, sauté the carrots, onions and celery in butter until tender.
- 2) Stir in the remaining ingredients. Bring to a boil.
- 3) Reduce heat; cook for 15 minutes or until heated through.
- 4) Discard bay leaf and serve.

