



SFE Parent Newsletter

The Nutrition Spot



August 2015

Welcome Back

Welcome back! The Food and Nutrition Services Department (FNSD) is so pleased to announce this new parent newsletter. The purpose of this newsletter is to keep the parents of SLPS updated with all the wonderful things that the FNSD is doing on a monthly basis in the cafeteria to promote health and wellness for our school-aged children!

Each newsletter will explain what the month's fruit or vegetable of the month is along with tips, recipes, and nutritional facts regarding the fruit or vegetable. In addition, you can find our Try-it-Tuesday items right here! The Try-it-Tuesday promotion allows students to explore and try new food items each month. You can also find out what type of ongoing programs are being promoted within the schools right here in this newsletter. Lastly, this is the spot to learn about any other promotions your FNSD is promoting that month!

We hope you look forward to getting this newsletter each month, and are excited for the 2015-16 school year!

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Programs

The Roving Chef Program: Our team of nutritionists, dietitians, and chefs conducted more than 50 roving chef visits during the 2014-15 school year. This program allows students to have a hands-on experience with cooking, while learning about the nutritional components of the foods they are cooking with! Look for this program to return to schools very soon!

GetFit Program: We were fortunate enough to launch the SFE GetFit program at Washington Montessori last school year, and it was a hit! The GetFit with SFE program has been designed to incorporate physical activity into lunch service. While waiting in line, students will be given the opportunity to do a new workout/move each day while they wait in line for their nutritious meal! Look for this program this school year!



Vegetable of the Month

Broccoli Fun Facts:

- One of the healthiest green vegetables
- Good source of Calcium and Vitamin C
- Can be steamed, broiled or microwaved
- Part of the cabbage family
- Good for your eyes, bones and teeth



Broccoli is very easy to cook with, you can steam it, boil it, roast it, stir fry it, and even make soups! Check out the recipe on the next page that will be having your kids saying “more broccoli please!”

Healthy Tips for the School Year

1. Eat a Nutritious Breakfast: As you have heard before, breakfast is the most important meal of the day. Breakfast is the perfect opportunity for your kids to get healthy doses of nutrients such as calcium, fiber, and protein. Studies have shown those who consume breakfast on a regular basis perform better academically. Make it a priority to eat breakfast daily.

2. Stay Hydrated: Teaching your kids to stay hydrated throughout the day will prevent dehydration and help them develop good hydration habits to last a lifetime.

3. Eat Dinner as a Family: When eating dinner as a family, you can encourage your child to try new foods, bond, and laugh together. Try to eat dinner together more often!

4. Get Enough Sleep: Most kids between the ages of 5 to 12 need around 9.5 hours of sleep per night, but experts agree that most need 10 or 11 hours each night (National Sleep Foundation, 2014). When the body doesn't get enough sleep, one may feel tired, cranky, and not focused. In order for your child to perform at his or her peak level, aim for the above recommendation on sleep.

Recipe of the Month

Broccoli Mac 'n' Cheese

INGREDIENTS

- 1 ½ cups whole grain elbow pasta
- 1 cup chopped broccoli
- ½ cup low-fat milk
- ¼ cup low-sodium chicken broth
- 1 tbsp. flour
- 1 cup shredded low-fat cheddar cheese
- ½ cup shredded American cheese



DIRECTIONS

1. Cook pasta according to the package directions, adding broccoli during last 2 minutes of cooking. Drain and return to pan; cover to keep warm.
2. Meanwhile, whisk together the milk, broth, and flour. Cook and stir in medium heat until the mixture is thickened and bubbly. Mix cheeses into sauce; cook until melted.
3. Toss the cooked pasta and broccoli with cheese sauce.

**This month's recipe is an easy and healthy way to incorporate broccoli in your meals at home.*

For questions, please call
the office at 314-381-4155