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April

2018

Nutrition Spotlight

Monthly Promotions

◇ We will celebrate **Earth Day** on April 20th with Roasted Edamame and a Southwest Vegetable Wrap.

◇ **April 10th:**
Try-it-Tuesday featuring our fruit of the month, **bananas**, with a healthy Homemade Banana Split for breakfast!

Fruit of the Month

Banana



Did you know:

- The average American eats 28 pounds of bananas each year
- There are more than 1,000 varieties of bananas in the world
- One Banana contains 422mg of potassium
- If you need to ripen a banana quickly you can place it in a brown paper bag with an apple

For Questions Contact:

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Rainbow Days and FreshLIFE Grant



I Made a Rainbow at the Salad bar, otherwise known as Rainbow Days is a promotional event for elementary schools to increase student's participation in the salad bar. The sister program for middle and high schools is called ***FreshLIFE: Enjoy a Salad Today***. These programs provided grant funding totaling \$1,000 with individual schools receiving \$200. Lyon at Blow Elementary School received funds from Rainbow Days. Gateway Stem High School, Long Middle School, Vashon High School and Yeatman-Liddell Middle School received the FreshLIFE Grant. Farmers markets will be held during lunch at Vashon High School on April 12th, Gateway Stem on April 19th, Long Middle School on April 26th, Yeatman-Liddell Middle School on May 3rd and Lyon at Blow Elementary School on May 10th. Saint Louis Public Schools would like to thank Alma Hopkins, Project Director, with Missouri Team Nutrition (TN) in Schools for providing our students the opportunity to experience farmers markets in their schools.

Focus Groups

Did you know that SFE conducts focus groups on a monthly basis? Our focus groups consist of 10-12 students in which we receive invaluable information about the student's feelings in regards to the breakfast and lunch menus. We then analyze this information and make changes that the students have recommended. During the month of April, we are looking forward to visiting with the students at McKinley CLA High School, Soldan IS High School, Sumner High School, Gateway MST Middle and Metro A & C High School.





Green BEAN Delivery

On Monday, March 12, the Saint Louis Public Schools Wellness program teamed up with Green BEAN Delivery to offer fresh fruit to employees throughout the district. The employees were given a variety of fruits to choose from for a healthy snack!



Faculty and Staff at Adams elementary used their fruit to make smoothies with the smoothie bike! They got a little exercise and a healthy snack!



Staff at Southwest Foodservice Excellence showing off the delicious fruit!

Health Fair at Clyde C. Miller Career Academy

On March 8th, a health fair was held at Clyde C. Miller Career Academy. Eight vendors attended the event including Great Rivers Greenway, the YMCA, Prairie Farms, Fit and Food Connection, Earthdance Farms, the Saint Louis Department of Health, Junior Achievement, Affina Healthcare and Southwest Foodservice Excellence. The students had a great time learning and talking to the vendors!



Students visiting the ladies at Earthdance Farms



Mr. CayCe, Deputy Superintendent of Operations, talking with the representative from the Health Department



Students learning about financial literacy at Junior Achievement

