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# Food for Thought

## March

## 2018

# Nutrition Spotlight

## Monthly Promotions

- ◇ We will celebrate the **National School Breakfast Week** on **March 7** with flatbread pizza!
- ◇ **March 13: Try-it-Tuesday**  
Pigs in a Blanket
- ◇ **March 22: Vegetable of the Month** Enjoy our delicious spinach with onions dish!

## Vegetable of the Month

### Spinach



### Did you know?

- ◇ Spinach belongs to the chenopodiaceae family, a family of nutritional powerhouses including beets, chard and quinoa.
- ◇ Spinach is available all year round but is in season during the spring.
- ◇ There are three different types of spinach generally available: savoy, semi-savoy and smooth leaf.
- ◇ The dark green color of spinach leaves indicates they contain high levels of chlorophyll and carotenoids which are anti-inflammatory and anti-cancerous.

For Questions Contact:

Althea Albert-Santiago, Food and Nutrition Services Director :314-345-4519 or

Krystal Simmons, Nutrition Coordinator: 314-381-4155



## March 5-9 is National School Lunch Week

Breakfast is the most important meal of the day, and the school breakfast program serves over 14 million children every school day! National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children. During this week, schools put their breakfast programs on display through exciting contests and promotions.

Studies show that kids who eat breakfast in the morning are more alert during the school day and perform better in the classroom. Breakfast is an important meal for your kids, so make sure they start the day off right!

Students who eat school breakfast are more likely to:

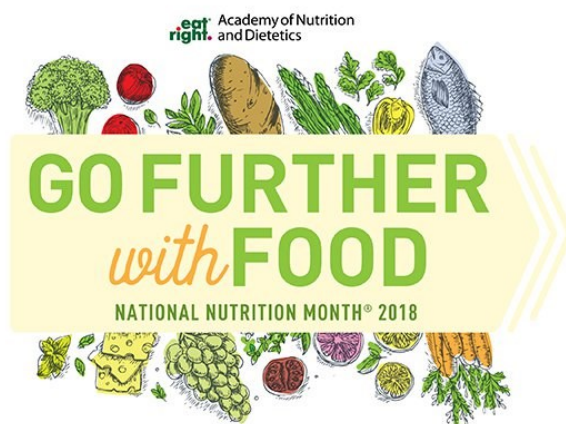
- ♦ Reach higher levels of achievement in reading and math
- ♦ Score higher on standardized tests
- ♦ Have better concentration and memory
- ♦ Be more alert
- ♦ Maintain a healthy weight



***Be on the lookout for the Health and Nutrition team promoting healthy breakfast in the schools this month!***

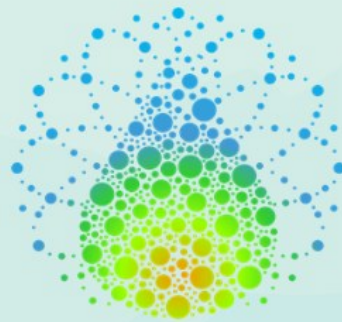
## March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.



"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing foods to go further at home and within the community can have a positive impact, as well. As nutrition experts, Academy members can help people adopt healthier eating styles, while reducing food loss and waste.





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RAIN**  
ULTRA PREMIUM FILTERED RAINWATER  
**AUSTIN TEXAS**



**Pure**

Naturally purest water.  
Chemical free processing.  
Never touches the ground.

**Sustainable**

Sustainable water model.  
100% Recyclable.  
90% less packaging.

**Healthy Hydration**

Drink 6-8 glasses daily.  
75% of the brain is water.  
Improve cognitive performance.

Now Available in your School!

Students are not required to take a water packet. They may select the water instead of milk or juice.







## Homegrown Hero

We would like to congratulate Jarrett Buford of Wilkinson Early Childhood Center for being awarded the Homegrown Hero by the Saint Louis Dairy Council. Mr. Buford was nominated by the students of the school for being their hero. On February 2nd, the students surprised Mr. Buford in the gymnasium with noise makers, and a banner. Additionally, Prairie Farms donated milk and snacks! On behalf of Saint Louis Public Schools and Southwest Foodservice Excellence we would like to thank our community partners for a successful program.




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## Department of Education and Secondary Education

The Department of Education and Secondary Education (DESE) dropped by Patrick Henry Downtown Academy to interview Ms. Althea Albert-Santiago, Director of Food and Nutrition Services, Colby Heckendorn, Principal of Patrick Henry Downtown Academy, and Krystal Simmons, Nutrition Coordinator with Southwest Foodservice Excellence, to inquire about SLPS' participation in the Community Eligible Program (CEP). CEP means that all students in the district are offered free breakfast and lunch. The interviewees discussed the benefits of the program and offered recommendations for other districts that are considering becoming a CEP. Be on the lookout as you may see the interview on DESE's website!

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## Monthly Happenings



Café Display at 801 Cafeteria



Blewett Students preparing omelets



Blewett students and Dr. Shaw posing with their omelets

The Health and Nutrition team also visited Chef Lewis at Beaumont Technical Center and Chef Green at Clyde C. Miller Career Academy to conduct nutrition education classes. The students loved the classes and learned a lot of great information!

