

News from Student Nutrition

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Eating Healthy at Home

You may be wondering, "How am I ever going to incorporate enough fruits and veggies into our meals to make half the plate?" It's not as hard as you think. Chances are, your kids are already eating a good amount of fruit. Make sure you are offering fruit with breakfast, lunch and snacks. Smoothies are a delicious (and efficient) way to pack in one or more servings. Try berry parfaits with Greek yogurt; halved peaches or sliced pineapple, grilled and drizzled with a little honey; homemade fruit popsicles; blueberry crumble; and baked apples or poached pears with cinnamon.

You may need to be a little more creative with veggies. Here are a few tricks:

- **Wraps:** Do the standard turkey and cheese, but add baby spinach, red pepper, cucumber, avocado, tomato, shredded carrots and sprouts.
- **Pizza:** Top whole-grain crust or dough with any combination of mushrooms, peppers, onion, fennel, zucchini, tomatoes, Brussels sprout leaves, arugula, spinach, and fresh herbs.
- **Quesadillas or Bean Burritos:** Stuff with corn, peppers, tomatoes, onions, avocado, spinach or cilantro, and serve with salsa.
- **Soups and Stews:** Gazpacho, minestrone and chili are all so easy to upgrade by throwing in extra veggies and beans.
- **Smoothies:** Not just for fruit. Try adding carrots, beets, cucumber, ginger, avocado, spinach, or kale.
- **Pasta:** You can add nearly anything to this dish! Broccoli, cauliflower, peas, peppers, snow peas, mushrooms, onions, leeks, Brussels sprouts, butternut squash, zucchini, spinach, kale, escarole, herbs, and tomatoes are all perfect partners for whole-grain noodles.



Get Kids in on the Act. The more involved kids are in the planning and cooking meals, the more likely they are to eat them.

1. **Include your kids when planning** the weekly family menu so they feel like they have a say in what they're eating.
2. **Shop for groceries together.** Make a list before you go to the store and only buy foods on the list. Once in the store, let your kids help you find items on the list. Read food labels out loud and talk about the choices you're making.
3. **Cook with your kids.** It's a great opportunity to teach them measurements, conversions and cooking skills, and it gives them a vested interest in the finished product.
4. **Hold family taste tests.** Buy different brands of a healthy food (whole-grain pasta, for example) and let family members decide which one they like best.

<https://www.actionforhealthykids.org/eating-healthy-at-home/>



School Nutrition Employee Appreciation Week is **May 3rd-7th**. I would like to thank these hardworking gals in the kitchen, - Leann Lentz, and Kelli Rud, for the great job that they do preparing lunches for your children. They have to adhere to strict nutrition standards, working around student food allergies and offering service with a smile, while also dealing with Covid issues and face masks! Thank you also to Polly Waldbillig, who oversees the lunchroom. They are true Hero's! Thank you for all that you do!!

Thank you to all the many lunchroom volunteers who have helped this year. Thanks for a great year! We could not have done it without your help—from helping with condiments, wiping off tables, bringing dirty trays to the dish window, helping a child open a milk, encourage a child to at least try eating something on their plate—we thank you so very much for coming to help us out! Thank you also for your help in helping to deal with changes due to Covid this year, it has added new challenges. Thank you to all the new parents who came for the first time this year. Your kids do like to see you here!

Thank you to Cathy Sell for the great job of scheduling volunteers! We appreciate her time spent and for all the lunch scheduling for volunteers that she has done this year.

