



Tasteful Tidbits

Fall Words

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National School Lunch Week in Review

National School Lunch Week (NSLW) was created by President Kennedy in the 1960s as a way to celebrate the school lunch program. Each year schools across the country celebrate National School Lunch Week in their cafeterias with various activities, prizes, special menus, and more. This year National School Lunch week was October 9-13, 2017 and the theme for the year was, "School Lunch: Recipes for Success." We celebrated National School Lunch Week in all of our Montgomery County schools this year and we are happy to say that it was a great success!

Congratulations to all of our lucky tray and grand prize winners across the county. We really appreciate all of the support we received from local businesses. Without them, this would not have been possible. We look forward to celebrating National School Lunch Week again with our students next year!

Healthy, Hunger-Free Kids Act (HHFKA)



The new HHFKA standards have led to an increase of fruits, vegetables and whole grains in our school cafeterias.

Food Allergy or Intolerance??

Although food allergies and intolerances can often present themselves in similar ways, it is important to understand the differences. A food *allergy* involves the immune system, while an *intolerance* does not. With an allergy, the body thinks that the food is a disease-producing organism, so the immune system attacks it. This leads to symptoms such as canker sores, nausea, diarrhea, hives, and even anaphylactic shock. The onset of the symptoms can be anywhere from a few minutes to several hours after eating the food, and subsequent exposures to the allergen can produce more intense reactions.

In contrast, a food intolerance likely originates in the gastrointestinal system, and does not involve the immune system. A food intolerance occurs when the body is unable to digest or absorb certain foods, causing negative side effects right after consuming the foods. Symptoms include nausea, diarrhea, and abdominal pain. If you have a food intolerance, you may still be able to eat the food in small amounts, but with an allergy, consuming the food could be dangerous.

For more information on NSLW:

<https://schoolnutrition.org/Meetings/Events/NSLW/2017/>

For more tips on allergies & intolerance:

<http://www.mayoclinic.org/diseases-conditions/food-allergy/expert-answers/food-allergy/faq-20058538>

Enjoying the Family Meal

Here are some tips to make your family meals more meaningful this upcoming holiday season!

1) Set a regular mealtime

This will help your family get into a healthy routine!

2) Make the meals simple and quick!

Make simple meals to spend less time in the kitchen preparing the meal and more time enjoying the time together with your family

3) Turn off the TV and limit distractions during the meal

This will make mealtime more meaningful for everyone!

4) Eat around a table

Conversations become much more meaningful when you face each other, as opposed to being side-by-side on a couch or kitchen counter

5) Engage in positive meal talk

Have easy and light conversations, and include everyone. Nagging and complaining isn't fun for anyone!



Apple Ladybug Treats

Ingredients:

- ½ red apple
- ¼ cup raisins
- 1 tablespoon peanut butter
- 2 pretzel sticks



Directions:

Cut an apple in half and scoop out the cores. Place each apple half flat side down on a small plate. Put small dots of peanut butter throughout the back of the ladybug, then stick raisins onto the peanut butter for its spots. Stick one end of each pretzel into the apple, and use peanut butter to attach a raisin on the other end to make antennae. Enjoy this fun and refreshing snack!

Nutritional Facts: for 1 serving (1 ladybug)

Calories: 113

Fat: 2.3 g

Cholesterol: 0 mg

Sodium: 189 mg

Carbohydrates: 23.2 g

Fiber: 2.5 g

<http://allrecipes.com/recipe/29926/apple-ladybug-treats/>