



Tasteful Tidbits

Spring Words

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Read it Before You Eat it!

Going to the grocery store can be overwhelming. With so many options, it is often difficult to choose between several similar products. Luckily, the nutrition facts label is there to help you! While each person and family have their own preferences, there are a few important things that everyone should keep in mind when looking at food labels.

First, it is important to look at the serving size of the food. When comparing two foods, one may appear to be higher in some nutrient, but in reality, it may just be a larger serving size - so be careful! From there, it is really up to you to determine what nutrients are most important to you and your family. Generally, you want to limit sugars (especially added sugars), saturated fat, and sodium, and instead look for foods that are higher in fiber, protein, vitamins and minerals. Although calories may be the first thing that you look at, keep in mind that just because it may appear high in calories does not automatically mean that it is an unhealthy choice!

For more tips on nutrition facts labels:

https://fns-prod.azureedge.net/sites/default/files/Nibbles_New_sletter_3.pdf
<https://www.fda.gov/Food/LabelingNutrition/ucm274593.htm>

For more leafy green vegetable ideas:

<https://foodandnutrition.org/march-april-2014/leafy-greens-nutrition-rock-stars/>

Eat Green this Spring

St's Patrick's day may be over, but that doesn't mean you can't continue to celebrate by eating green! Leafy greens provide a variety of vitamins and minerals that help to promote good vision, support a healthy immune system, and regulate blood pressure. Here are a few tips to make your greens delicious:

- Sauté your greens with olive oil, garlic and onions to add flavor! Sautéing preserves more nutrients than boiling.
- Adding a handful of spinach or kale to a fruit smoothie is an easy way to add leafy greens to your children's diets without them tasting it!
- For salads, mix half romaine lettuce with half of a new leafy green to slowly introduce them to your children
- Challenge your children to try the leafy greens and other vegetables served in our school cafeterias each week!

REMINDER

If you have a negative balance on your lunch account, you may not purchase a la carte items!

What's in Season?

Try out some of these delicious fresh fruits and vegetables that are in season this spring!



Asparagus

Strawberries



Fava Beans



Beets

Sugar Snap Peas



Spinach

Spinach and Strawberry Salad

Ingredients:

- 2 bunches of spinach
- 4 cups sliced strawberries
- ½ cup vegetable oil
- ¼ cup white wine vinegar
- ½ cup sugar
- ¼ tsp paprika
- 2 tbsp sesame seeds



Nutritional Facts: for 1 serving of salad

Calories: 235
Fat: 15.9 g
Cholesterol: 0 mg
Sodium: 69 mg
Carbohydrates: 22.8 g
Fiber: 3.9 g
Protein: 3.6 g

Directions:

In a large bowl, toss together the spinach and strawberries. In a separate smaller bowl, mix together the oil, vinegar, sugar, paprika and sesame seeds. When ready to serve, pour over the salad, and enjoy this delicious spring salad!

<https://www.allrecipes.com/recipe/16409/spinach-and-strawberry-salad/?internalSource=hub%20recipe&referringId=17228&referringContent/Type=recipe%20hub&clickId=cardslot%208>