

Quincy Quick Bytes



TRY IT! RECIPE – STRAWBERRY ENERGY BITES



INGREDIENTS:

- 1 CUP FROZEN STRAWBERRIES
- 1 CUP OATS
- .5 CUPS SUNFLOWER SEEDS
- .5 CUP COCONUT FLOUR
- 2 TBSP COCONUT OIL
- 1 CUP FINELY SHREDDED COCONUT

DIRECTIONS:

1. Place the first 4 ingredients in a food processor with 1 TBSP of the coconut oil.
2. Keep food processor on until paste is formed.
3. Take the paste and roll it around in your hands to form balls.
4. If the mixture looks dry add the second spoon of coconut oil.
5. Use a teaspoon to scoop balls then roll them in the shredded coconut.
6. Chill for 2 hours then serve

NUTRITION TRIVIA

Which of these food items are a good source of proteins?

- A. Broccoli
- B. Nuts
- C. Potatoes
- D. Rice

Answer—B.

Protein is an important food group- it helps build muscles and keeps you full. Not all protein sources come from animals- Nuts, beans & legumes are good protein sources that come from plants.

<https://familydoctor.org/nutrition-tips-for-kids/>



AN APPLE A DAY—HEALTH TIP!

Dietary fats are an important part of our diet because they help us absorb certain vitamins (A,D,E,K!) Fats also can help us stay full longer, feel more satisfied, and improve brain health and function. There are 2 main types of fat: unsaturated and saturated.

Unsaturated fats are healthier for us and do not contribute to heart disease. They are liquid at room temperature. Think oils- avocados, nuts, and olive oil!

Saturated fats are usually solid at room temperature (butter, baked goods, and fried foods) and do contribute more to heart disease and weight gain.



WHAT'S NEW IN NUTRITION?

ROCKSTAR INTERNS! The School Nutrition Department is always cookin' up something fun for the kids. In September, our amazing dietetic interns held an engaging and calorie burning assembly for the second and third grade students at Beechwood Knoll Elementary School. They discussed the basic food groups, Myplate, beneficial exercises, and sugar consumption.

Our interns also presented an informative and engaging presentation on mindful eating and mental health to Mr. Lorenzano's 8th grade health class at Point Webster & to all the nurses across the district. The presentation led to important discussions on mental health, mindful eating, and the roll nutrition plays on our health.

RECIPE DEVELOPMENT! We are hard at work constantly creating delicious recipes including Sweet Potato Cake Bites, Chickpea Chocolate Chip Cookies, Avocado Chocolate Mousse, Chipotle Style Burrito Bowls, Greek Turkey Meatloaf, Veggie Burgers, and Holiday Inspired Smoothies.

NEW SALAD BARS! Due to grant awards from Project Bread, The New England Dairy Counsel, & Whole Kids Foundation— Quincy purchased three permanent salad bars for Broad Meadows, Point Webster & Snug Harbor. We also plan to use existing equipment to implement a daily salad bar at Central and Southwest Middle schools. We will be rolling out this new/everyday addition to each kitchen right after February break. Due to the success of our high school salad bars, we are so excited to provide more fresh options to the middle and elementary school students. Our goal is to have salad bars in every school in Quincy.

FRESH GREEN WONDERING MACHINE! Back by popular demand and going on its third year of rotation, our elementary travel salad bar, fondly referred to as the Fresh Green Wondering Machine, will make its way to six elementary schools this spring. Funded by the USDA Farm to School grant, the salad bar is designed to promote healthy eating habits, introduce children to healthy options, and make eating a fun and rewarding experience.

DESE/USDA AUDIT! Every three years, our department undergoes an audit to assess our menus and financial procedures. We look forward sharing the results with School Committee in March.

NEW KITCHENS! We are excited to be operating in some wonderful new kitchen spaces – including Southwest and Snug Harbor. Southwest's state of the art set-up has been a breath of fresh air to our staff. The spacious dining and cooking areas and stainless steel equipment has helped us produce more fresh options that meet the USDA standards. Snug harbor's new space is equipped with a wash and serve fresh fruit and vegetable station for our new salad bar.

SAY GOODBYE TO STYROFOAM! The demand for measurable change in what we throw away has been heard loud and clear. As such, the nutrition department has switched to compostable trays for breakfast and lunch at all of our schools. We understand the importance of reducing our carbon footprint and we will continue to listen to the community to work toward a safer and cleaner environment for our children.

REIMBURSEABLE MEAL:

Quincy School Nutrition Department is required by the USDA to provide the following FIVE components to make up a reimbursable meal: MILK, FRUIT, VEGETABLES, MEAT (or a vegetarian alternative such as yogurt, cheese, soy products, legumes, beans), & GRAINS. For a meal to be reimbursable, students must choose THREE full portions of the FIVE, with at least one choice being a fruit or a vegetable. It is our mission to meet these standards and provide students with a well balanced diet that meets the Healthy Hungry Free Kids Act (HHFKA).

