

Quincy Quick Bytes

TRY THIS! - RECIPE

Pumpkin Muffins

INGREDIENTS:

1 cup pumpkin puree

2 Eggs

1/2 cup honey

1/4 tsp baking powder

1 tsp baking soda

1 1/2 tsp cinnamon

1/8 tsp cloves

1/2 tsp nutmeg

1/2 tsp salt

1 tsp vanilla

1 1/2 cup whole wheat flour

1/2 cup oil

DIRECTIONS:

Preheat to 350 degrees F.

Combine dry ingredients in large bowl.

Make a well in the dry ingredients and add eggs, oil, honey, vanilla and pumpkin. Stir the wet ingredients in the well then gradually stir in dry ingredients. Be careful not to over mix the batter.

Line muffin tins and fill about 3/4 of the way full.

Bake for 18-22 minutes until a tooth pick comes out clean. Enjoy!

Recipe source: Familyfoodonthetable.com



HEALTH TIP! - Eat the Seasons

Want to eat healthy and help the environment?

- Some benefits of eating seasonal include...Reducing CO2 emissions and energy due to the shorter transport time of the food from farm to store.
- More nutrients in the food due to it being more fresh.

Some foods that are currently in season are butternut squash, pumpkin, apples, bell peppers, potatoes and cranberries.

Check out the following [website](#) for more info on eating seasonal!



NUTRITION TRIVIA

Which one of these foods is a good source of Fiber?

- A. Saltines
- B. Beans
- C. Pretzels
- D. Cucumbers



Answer—B.

Fiber is an essential part of any diet. Fiber can help regulate your digestive system and helps lower blood cholesterol. Oatmeal, apples, beans, whole grains and starchy vegetables are great sources of fiber. Try adding some of these to your diet!

WHAT'S NEW?

October 15 through 19 was [NATIONAL SCHOOL LUNCH WEEK](#) and there was #lots2love with all of our exciting events. Ali Muller, our Simmons University nutrition intern, did tastings at North Quincy High School and Atlantic Middle School. She served up Chickpea Cookie Dough Bites and Chickpea Apple Cinnamon Cake. Students learned a valuable lesson on the health benefits of beans, while enjoying a tasty treat!

Molly Meehan, our dietetic intern from Priority Nutrition, did tastings at Wollaston and Merrymount Elementary Schools. The students participated in a "Guess the Ingredient" smoothie game, in which Molly gave out samples of smoothies with a hidden vegetable in each one. The kids loved the smoothies and kept coming back for seconds!

Also, we launched a new menu item this week with the help of our Assistant School Nutrition Director, Sarah Ginn. A ramen noodle bar was featured as the main lunch at both high schools. Sarah made the soup from scratch even boiling down the bones to make broth. Doesn't get more authentic than that! The soup was a great addition to the menu and brought some variety to the cafeteria. Sarah did a great job planning the ramen noodle bar and we are hoping to put it on the menu again in the future!

Get ready because we have lots of fun things coming up in November. We will host another [Fresh Green Wandering Machine](#) trek through Quincy's elementary schools. Thanks to Quincy Farm 2 School for contributing time and resources to this event. Here are the dates and locations:

- November 1, 2, 8, 9—Amelio Della Chiesa & Clifford Marshall
- November 15, 16, 19, 20—Lincoln Hancock & Bernazzani

Finally, our interns will host a health and wellness assembly at **Parker Elementary School** on **November 13** and **Beechwood Knoll** on **November 14**.

As a reminder, don't forget to view our menus through [NUTRISLICE](#). Here you will find an interactive version of our menus, nutritional information, pricing, and a link to My School Bucks—where parents can make a lunch payment.

Thank you for reading our newsletter. We look forward to continuing to provide healthy meals for the students of QPS.

EMPLOYEE SPOTLIGHT: Molly Meehan

Meet Molly, our new food service intern! Molly, a Quincy native, recently graduated from Framingham State University where she studied nutrition. Molly is an aspiring registered dietitian and hopes to one day work with children to teach them the importance of a healthy lifestyle. Molly has been helping out in several schools so if you see her around be sure to say, hello and introduce yourself!



Genius Starts with Food



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).

