

Healthy Appetite

food and nutrition information for the DCPS community!

Winter Issue
December 2011

What You'll Find in This Newsletter

Each quarter, we'll send out a newsletter to parents and DCPS staff that includes useful food and nutrition information. Here's a breakdown of what you can expect in each issue!

School Nutrition Highlight

Here we'll focus on one or two school-based nutrition events that recently took place in District schools

Menu Spotlight

In this section we'll highlight school lunch or breakfast items that we think are particularly tasty and something everyone should try!

Nutrition Resources

Want to know where to learn about healthy eating, or to find out what's in season? We'll list websites and resources in this section

Food Focus

Each quarter we'll focus on a food group and discuss its benefits and how you can make it a regular part of you and your family's diet

Recipe of the Month

We'll share a recipe that's family friendly, easy on the wallet, and part of focus food group

Sign up to receive **Healthy Appetite!**
Email Danielle Schaub at
danielle.schaub@compass-usa.com
to be added to the mailing list!

Turner Elementary Hosts Fruit & Veggie Extravaganza!

It's not every day that kids are encouraged to eat their vegetables by a giant walking pea pod and her partner the carrot – but on October 13th, that's exactly what happened at Turner Elementary. Students learned where fruits and vegetables come from and how they grow.



Students then explored all aspects of various fruits and vegetables – the way they look, smell and taste!

Turner students tried jicama, carrots, celery, lettuce, red grapes, mango, grape tomatoes, & sugar snap peas with a homemade cinnamon vanilla yogurt dip. The event kicked off Turner's second year of the Fresh Fruit and Vegetable Program.



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Menu Spotlight:

Double Cheese Spinach Lasagna



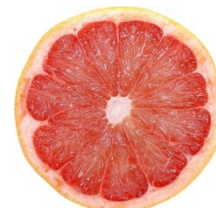
One of our most popular items, the Double Cheese Spinach Lasagna is made from scratch in the kitchen using fresh, low fat ricotta, spinach, and low-fat mozzarella.

Nutrition Information

Calories: 250 calories
Total Fat: 11 grams
Saturated Fat: 6 grams
Protein: 19 grams
Good source of: Vitamin A

Food Focus : Citrus Fruit

Winter is the peak season for citrus fruits in the southern regions. Oranges are the most commonly consumed citrus fruit, but grapefruits, tangerines, lemons, and limes are also a key part of our food system. These fruits are the juiciest and most flavorful during the winter.



Citrus fruits are packed with Vitamin C, which is an antioxidant that helps fight disease and keep the immune system healthy. Oranges are also high in Vitamin A, which is important for healthy vision. Eating the whole fruit is best, since the pulp is a good source of fiber that helps maintain a healthy digestive system and also lowers cholesterol. Drinking 100% juice will provide you with many of the same health benefits as eating the whole fruit. Oranges, grapefruits and their 100% juice are an inexpensive way to get more delicious and healthy fruits in the winter!

Did you know?

This delicious dish is offered every month in all Chartwells DCPS schools. Look for it soon at your school!

Home Recipe of the Month : Citrus Salad

Make this at home!

Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes

Ingredients:

- 5 cups chopped salad greens
- 1 large orange, peeled and sectioned
- 1 medium pink or red grapefruit, peeled and sectioned
- ½ cup chopped red onion
- 1 cup thinly sliced radishes
- ¼ cup sliced almonds
- 2 Tablespoons light sesame dressing
- 2 Tablespoons 100% orange juice

1. Place salad greens in a large bowl.
2. Combine all ingredients with salad greens.
3. Toss ingredients together. Serve immediately.

Nutrition information per serving: Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

Nutrition Resources

USDA's MyPlate (formerly MyPyramid):

www.choosemyplate.gov

- Find tips on topics ranging from healthy eating on a budget to being a good role model for kids
- Get personalized food plans for you and your child
- Learn about the different food groups and search for recipes

Fruits and Veggies More Matters:

www.fruitsandveggiesmatter.gov

- Find out how many fruits and vegetable you need each day
- Learn about the monthly featured fruit and vegetable
- Find recipes and tips for storing, cooking and enjoying fruits and vegetables

Academy of Nutrition and Dietetics (formerly American Dietetic Association) Kids Eat Right:

www.kidseatright.org

- Watch the featured nutrition video of the week
- Learn ways to shop, cook, and eat together as a family
- Find specialized information for age groups from baby to teen