



Lynn Public Schools

Nutrition & Health Tidbits

DECEMBER 2016

December Food Focus: Root Vegetables

Root vegetables include beets, jicama, turnips, rutabaga and radishes—just to name a few! Root vegetables get their name because these veggies are grown underground, where each plant produces a single, edible root.

GROCERY STORE TIP:

Look for a variety of root vegetables in the produce aisle, choosing ones that are hard and firm, and free from bruising. You can get two meals out of root veggies since the green leaves are edible. When choosing root vegetables with leafy green stems, choose stems and leaves that are firm and bright!

COOKING WITH ROOT VEGETABLES:

Use the green leaves and stalks on beets, turnips and other root veggies in soups, salads and stews! Get creative with different cooking methods for these veggies—try steamed, roasted, baked, raw, or even mashed. Spend as much time focusing on your side dishes as you do the main meal.

HEALTH BENEFITS:

Root vegetables are high in complex carbohydrates, which helps give us the energy we need for activity and recovery. In addition, these veggies are packed full of antioxidants, like vitamin C, as well as potassium and fiber.

FUN FACT:

Did you know that just 1 cup of turnips provides you with almost 1/3 of your daily vitamin C requirements? This vitamin is an antioxidant, which helps our bodies absorb iron and assists the body in making collagen for bones and cartilage.

Apple Cider Pressing



Last month, 1st and 2nd grade students at Ford Elementary School had the opportunity to participate in an apple cider pressing and tasting. To celebrate the end of fall and the Thanksgiving holiday, members from the FoodCorp and The Food Project brought in fresh, locally grown apples, where students learned where apples come from, how they are grown, and how they are formed into cider. Students were not only able to see the cider making in action, but they were able to participate in creating their own cider using an old-fashioned cider press! To end the experience, students were able to sample and

taste their homemade, fresh apple cider, with a good old fashioned toast, toasting to what they are thankful for this year. Yum! Stay tuned for our next month's issue where our food services team helped apply what students learned from cider making, with an apple sampling of a variety of locally grown apples.



Do Picky Eaters Grow Out of their 'Pickiness'?

Working in school food service, we are well aware of the picky eaters that come through the cafeteria doors on a daily basis, and there is always an unspoken wonder if children ever grow out of their pickiness. A recent New York Times article summarized this common question, stating that picky eaters in childhood range anywhere from 5—25%. That is quite the range, but the reason truly depends on what you call 'picky'. It is uncertain how many children leave behind their picky eating habits as they reach adulthood, but further research is trying to answer this, as it is a common concern and question for parents. Research shows that of the adults who are picky eaters, 75% report that this pattern began in childhood. Becoming a picky eater may evolve from a variety of reasons ranging from: food memories, psychological and emotional associations, heightened sensitivity to taste and smells, genetics, texture, and lack of exposure. So how can parents and other adults working with children apply this research with the children we are raising and teaching? The bottom line that often times goes unnoticed is that as adults we need to fully understand our own eating styles, and how we can change those behaviors to help role model positive eating behaviors in children. This can be done in a variety of ways including: how we describe certain foods, how often we are exposing children to diverse food choices, what we choose to eat and not eat in front of children, and what our eating environment is like.

Honey Glazed Parsnips



Serving Size: 4

Ingredients:

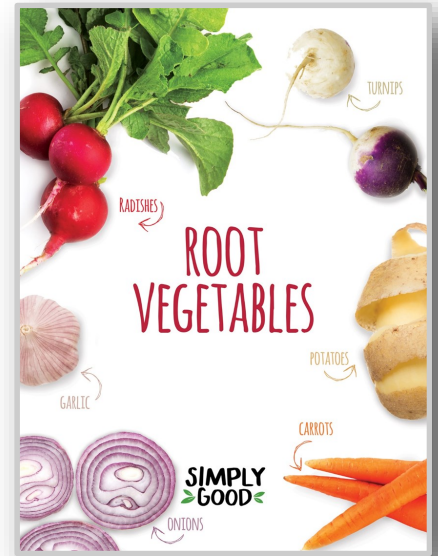
1lb parsnips, peeled and cubed
1/2 tsp Kosher salt
2 1/2 TBSP raw honey
1/4 tsp black pepper
2 1/2 TBSP grass-fed butter or ghee
Cooking spray

Instructions:

1. Preheat oven to 350 degrees F.
2. Place parsnips in a medium saucepan, adding enough water to cover 1 inch. Add in 1/4 tsp salt and bring to a boil.
3. Reduce heat to simmer and cook until tender, about 6 minutes. Drain.
4. Spray baking pan with cooking spray. Arrange parsnips in pan and drizzle with honey. Dot with butter and season with 1/4 tsp salt and pepper. Bake for about 20 minutes until parsnips are tender.

Beet It!

Did you know, that beet juice has been used as a natural red dye for hundreds of years to add color to things such as clothing and hair?! Fast-forward to today, where food companies are also determining ways to utilize this natural dye as an alternative for artificial red food coloring. Food companies are starting to use beet juice in food products like juice, fruit snacks, and Goldfish Crackers.



Rooted Menu Concept



rooted
IN GOOD TASTE

December's menu promotion "Rooted" helps support the demand and food preferences of our students and staff, with a focus on clean, less processed and more plant-based menu options. Grounded in taste, wholesomeness and international flavors, our menus this month will feature a variety of plant-based options that like beans, legumes, carrot fries, baked potatoes and sweet potatoes.

Contact Us!

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