



Lynn Public Schools

Nutrition & Health Tidbits

JUNE 2016

June Food Focus: Summer Vegetables

Ahhhh summer, a time where it is even easier for us to adopt healthy eating habits with the wide variety of fresher, in-season, and good tasting fruits and vegetables! This time of year gives us the opportunity to focus on incorporating and enjoying a variety of types, colors, textures and flavors of various summer vegetables. Summer vegetables includes but is not limited to: summer squash, snap peas, cucumbers, peppers, corn, tomatoes, herbs, and beans.

GROCERY STORE TIP:

Summer vegetables are readily available this time of year in the produce aisle for a cheaper price, since they are in-season, which means they are fresher and more flavorful too! Alternatively, these veggies can always be found in the canned or frozen goods section for an easy, convenient and cost-effective way to utilize them year –round. Don't forget to give back to your community this summer by taking advantage of local farmers markets which help support our local farms, maintain farm land, and not to mention the availability of tastier and fresher produce options since they are truly in-season!

COOKING WITH SUMMER VEGETABLES:

Summertime provides us with the added benefit to eat our veggies in some of the healthiest ways possible, like eating them raw or grilled! Add variety to your summer salad offerings by incorporating raw zucchini, snapped peas, corn or beans for a different flavor twist! Eating veggies raw provides our bodies with the maximum nutrients and benefits found in these veggies. Or, partake in the ultimate summer experience and grill up your summer vegetables! Grill summer squash, bell peppers, eggplant, corn and asparagus to make a great vegetable medley, or throw on fresh pineapple to add a fresh twist of sweetness. When grilling, stick with choosing vegetables that have a low water content, and wrap your veggies in foil to eliminate the necessity of adding extra oil or cooking fat.

HEALTH BENEFITS:

Take advantage of the summer season by focusing on variety! Every color found in our summer vegetables provides a different health benefit such as the prevention against heart disease, cancer, diabetes and obesity. Remember, by eating produce from your local farmers market, you are eating produce that is in-season, which contains even higher levels of vitamins and nutrients! Shoot for eating a rainbow of colored vegetables every day.

FUN FACT:

Did you know that early settlers thought that tomatoes were poisonous!? This is most likely due to their color or shape. Back in those days, people depended on finding their food in the wild, vs. going to the local grocery store, so they had to pay close attention to what they were eating and how it was grown.

Honoring Fallon & ECC for Their Breakfast Success



Congratulations to Fallon Elementary School and The Early Childhood Center (ECC) for receiving a \$500 Healthy Start Award from the Eos Foundation to honor breakfast success for their current Breakfast in the Classroom programs! Principle Mahoney, Principle Takis-Conway, selected staff and students from both schools, and Lynn Public Schools' Food Services team were invited to the Massachusetts State House for an awards ceremony hosted by the Eos Foundation (pictured to the left). Fallon and ECC, along with 90 other schools across Massachusetts, were recognized for sustaining over 80% participation rates for their school breakfast programs! In addition, Fallon brought a handful of students to the award ceremony, where they not only experienced this exciting event, but also got to take a tour of the State House after the event! The Food Services team would like to take the time to thank both principles and all of their administrators, teachers, custodians and food service staff for their hard work and support in providing our children with a nutritious breakfast every day!

Summer Health & Wellness in Lynn

Mass in Motion is a statewide movement that encourages healthy eating, promotes physical activity and increases safety by improving the environment we work, live and play in. The Lynn Food and Fitness Alliance (LFFA) is Lynn's very own Mass in Motion branch that focuses on the health of the city of Lynn by linking individuals, neighborhoods, workplaces and communities through health and wellness initiatives. The LFFA offers and supports a variety of programs and resources for individuals of all ages to take advantage of this summer:

1. **Lynn Farmers Market: Thursdays, 11am-3pm, July thru October, located at Central Square in Lynn.** Local vendors offer a diverse selection of produce, honey, sauces, dressings, breads and flowers. Lynn's farmers market accepts EBT/Food Stamps, WIC and Senior Farmer's Market Nutrition Program coupons.
2. **Community Gardening**—Take advantage of the city of Lynn and some of their community garden offerings for the public? One of those gardens is the Ames Community Garden, Ames Playground, where interested gardeners can apply to garden their own plot! Check out the LFFA Facebook page to learn more.
3. **Lynn Youth Health Alliance (LYHA)**—The LYHA is a group of teens in Lynn who are passionate and committed towards the health of their community, and is a community service group focused around nutrition, physical activity and wellness. Students can take the opportunity this summer to sign up and work in various areas of interest for the group to help make a positive impact! Students can visit the LYHA Facebook page to learn more.



Mediterranean Zucchini “Noodles”



Serving Size: 2

Ingredients:

- 4 small zucchinis, with ends cut off
- 1/2 yellow onion, diced
- 1 cup cherry tomatoes, halved
- 1 cup marinated artichokes, diced
- 1/4 cup pesto
- 1 TSP olive oil

Instructions:

1. Using a spiralizer or mandolin, slice zucchini into noodles and set aside.
2. Heat a skillet over medium heat. Add olive oil and onion, and sauté onions for 5 minutes, or until translucent.
3. Add all remaining ingredients into skillet and sauté for 3-5 minutes.
4. Serve and enjoy!

Cooking Tip: Make this a complete meal and add grilled chicken or shrimp for an extra boost of protein!

June is National Dairy Month!

- * National Dairy Month has been celebrated since 1939 to help remind us all about the important benefits and great taste of dairy foods!
- * Dairy contains 9 essential nutrients that help towards preventing cancer and disease, aids in weight loss, and reduces blood pressure!
- * Take the following into consideration to make a healthy and sustainable decision about the dairy you purchase by consuming dairy in its purest, most nutritious, and easy-to-digest forms:
 - * Organic, hormone and antibiotic free dairy options
 - * Grass-fed and pasture-raised dairy options
 - * Full-fat and fermented dairy options—such as yogurt and kefir



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New and Improved Nutrition Facts Panel

The Food and Drug Administration (FDA) recently announced in May that changes will be coming our way for a new and improved nutrition facts panel found on food products—a project that will be occurring over the next two to three years. These new changes will help better reflect serving sizes, nutrients, and ingredients, which will better help individuals make more knowledgeable food choices.

- **Serving Size**—Serving sizes will now be listed as a more realistic portion size of what is typically eaten in one sitting. Take for example beverages, the serving size will now be listed as 12 oz to better fit the portion size of what we actually drink.
- **Nutrients and Ingredients**—these sections will now better fit what consumers are adequate in, and what the under or over consumption of important vitamins, nutrients and ingredients are.
 - *Vitamin D and potassium* will now be listed, since they are two key nutrients that people are paying more attention too, and should be paying more attention to.
 - *Vitamin A and C* will be eliminated because these are two vitamins that the average person does not have a difficult time getting into their diet, meaning we are less likely to be deficient in these.
 - *Added Sugars* will now be listed as an indented item under the “Total Sugars” section.