



Lynn Public Schools

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June 2017 Newsletter

June Tastings at Classical & English

Lynn Youth Health Alliance (LYHA) Members will be collaborating with food services to host a tasting at Classical High School on June 6th, and English High School on June 7th. Students will be sampling our fresh broccoli ranch salad w/ carrots during lunchtime! LYHA members will be promoting the event and handing out samples to get their peers excited about trying something new!

2017 Lynn Summer Meals Program



Children may go on summer vacation, but hunger doesn't have to! Lynn Public School's (LPS) Summer Meals Program bridges the summer hunger gap and lets our children know that the community cares about their well-being all year long.

All kids or teens, age 18 or younger, within the Lynn community are eligible to take advantage of a free and healthy meal. Visit our food services page on the LPS website to find a site near you.

This summer, our food and nutrition team will be incorporating nutrition education at our sites to promote healthy eating habits through various activities.

SUMMER VEGETABLES

Corn and Black Bean Salsa

Serves 6

Ingredients

3/4 cup salsa or diced tomatoes
3/4 cup whole kernel corn, drained
1-1/2 cup black beans, rinsed
2-1/2 TBSP green bell peppers, chopped
2-1/2 TBSP cilantro, chopped
2-1/4 TBSP green onion, chopped
1/8 tsp black pepper, ground

Steps

1. Wash all produce.
2. Chop tomatoes, peppers and cilantro.
3. Place vegetables and herbs in a bowl and stir to combine.
4. Mix and seasoning with black pepper.
5. Serve and enjoy!

Nutrition per 1/2 cup serving: 80 calories, 0 g fat, 16 g carbs, 2 g sugar, 0 mg cholesterol, 5 g protein, 5 g fiber, 325 mg sodium

**SIMPLY
GOOD**

Salad Days in Lynn

Salad Days is an annual event, coordinated by the Food Project, where elementary students get to plant, harvest and make their own salads from some of their own school gardens! Food services has collaborated with the Food Project for various nutrition initiatives in the cafeterias throughout the school year, so we were excited to be a part of this event ourselves! It was great to see students get excited about gardening, learning where food comes from and how foods get to our plates. We are looking forward to continuing our collaboration with The Food Project to help educate and promote healthy eating for our students within the Lynn community.



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Easy to access, real time digital menu and nutrition information for you, our valued Lynn community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone, or visit <http://lynnschools.nutrislice.com/>

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New School Meal Guidelines – *What does it mean for Lynn?*

We have heard it by now, school meals across the country are about to undergo a slight makeover, and it is a common question our food services department has recently been receiving. The USDA rolled out the announcement that they will allow for more flexible nutrition guidelines when it comes to whole grains, sodium, and milk. So what does this mean for Lynn? As we await final communication from both federal and local Massachusetts-state levels, our focus will continue to be on providing delicious and nutritious meals that students enjoy. Our company's culinary and nutrition teams will remain focused on creating recipes and menus that incorporate taste and flexibility, while continuing to hold ourselves at a high standard of ensuring our meals remain nutritious. We will keep our students, parents and staff updated as we implement changes within our Lynn community.



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We put a great effort in providing a variety of fruits and vegetables in the café during the school year, but we also want to help encourage healthy eating at home during the summer months. Summer vegetables are rich in vitamins, minerals and phytochemicals, all of which are important for healthy eyes, skin, blood, bones and immune systems! You should try to shoot for eating these vegetables almost every day, as the variety makes it easy to find and consume!

A RAINBOW OF PEPPERS

Did you know? Red, orange, and yellow peppers are just green peppers that are very ripe.



live.

As we approach summertime, our **Food Focus** is on Summer Vegetables. A variety of vegetables like corn, tomatoes, peppers, squash, cucumbers, sugar snap peas, and green beans grow best in warm temperatures, which makes them ideal for summer time! When you eat fruits and vegetables that are in-season, they are not only more affordable, but taste better and have a higher nutritional value. In addition, eating in-season reduces your carbon footprint, since less energy has to be put into growing, storing and transporting the food. Visit the link below to find out what produce items are in-season throughout the year.

<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>

LIVEN UP YOUR FOOD!

Throw a variety of peppers, corn, and tomatoes together for a southwestern style stir fry. Radishes add a pop of color to your salads. You can even eat some summer vegetables raw and dip them in hummus.

