



Lynn Public Schools

Nutrition & Health Tidbits

MARCH 2016

March Food Focus: Cruciferous Vegetables

Cruciferous vegetables are a part of the Brassicaceae family and includes brussel sprouts, kale, broccoli, cauliflower, cabbage, bok choy, collard greens and kohlrabi. Cruciferous means "cross-bearing", that takes its name from the shape of the plants' flowers, which have four petals that resemble a cross.

GROCERY STORE TIP:

Cruciferous vegetables go great with a variety of meals and is readily available year round in the produce aisle and frozen foods section. For the best flavor, quality and freshness, steer clear from canned cruciferous vegetables, as they do not do very well with being canned.

COOKING WITH CRUCIFEROUS VEGETABLES:

These vegetables can be eaten raw, roasted, baked, or mixed in with salads, soups and stir-fries. Roasting cruciferous vegetables is a great way to change how you serve these veggies—it brings out their natural sweetness, and with the high heat it adds a nice little crunch! This is a great cooking method to try with picky little eaters.

HEALTH BENEFITS:

Cruciferous vegetables are rich in fiber, vitamins and minerals. Almost all of these vegetables have an excellent source of vitamin C and manganese. They are rich in phytochemicals, which is beneficial in preventing disease.

FUN FACT:

Did you know that we eat about six pounds of broccoli every year?! That is 4 times more than what we ate 30 years ago!

Diabetes Support Group at Classical



Diabetes can be an overwhelming disease, and is one that impacts multiple areas of your daily life. Now combine this with being a high school student, and things get even more complicated! However, a group of students at Classical High School are not letting type 1 diabetes stand in their way when it comes to living their teenage years to the fullest. This group of students expressed an interest in not only wanting to learn what can work best for them with managing diabetes, but to also connect with other peers going through the same experiences. So in response, the nurses at Classical, June Blake and Jen Wortman, and the food service department's dietitian, Kelsey Massis, teamed up to provide and facilitate an

education/support group for type 1 diabetic students. Every other week, the group meets to learn about topics of interest (chosen and ranked by the students themselves) such as carb counting, meal planning, how to balance their condition with school/home life, the science behind diabetes and the body, as well as an opportunity for students to vent and connect with each other. The team hopes that the success of this trial group will become a regular group offered every year at Classical, with eventually including both type 1 and type 2 diabetics. Their future goal is for this to expand district-wide, to help educate and empower more students to prevent or thrive with diabetes by leading a healthy and confident lifestyle.

Happy National Nutrition Month!

March is National Nutrition month, and this year the theme is "Savor the Flavor of Eating right", which allows students to take the time and appreciate all of the great flavors found in food. The key goal of this theme is to encourage students to eat more foods that are good for us like whole grains, fruits, vegetables, and lean or plant-based proteins. This month in Lynn you will find food service staff, teaching staff and administrative staff from some of our schools participating in a handful of activities that highlight our support for good health and nutrition for students:

- Kelsey will be working with teachers at both Cobbett and Ingalls by pairing nutrition education in the classroom with fresh produce samples provided by their Fresh Fruit and Vegetable Programs.
- In addition, the food services team will be providing some special March nutrition educations in Ms. Ogles' 7th grade science class, while tying it in with their greenhouse highlighted in last month's newsletter.



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OF EATING
RIGHT**

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Roasted Buffalo Cauliflower



Serving Size: 5-6

Ingredients:

- 1 head of cauliflower, chopped into florets
- 1 TBSP fresh garlic, minced
- 1/4 cup Franks Red Hot Sauce
- 1 TBSP olive oil
- Salt and pepper to taste
- Cooking spray

Instructions:

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with aluminum foil and spray with cooking spray.
3. In a small bowl mix garlic, hot sauce, olive oil, salt and pepper.
4. Place cauliflower into a large gallon-sized zip bag. Pour in sauce mixture. Shake bag until cauliflower is thoroughly coated, then spread cauliflower onto baking sheet.
5. Bake for 25-30 minutes, or until cauliflower is golden brown. Serve and enjoy!

March Food Focus

Make it a goal to fill half of your plate with fruits and vegetables at every meal. We all have our favorite fruits and vegetables, but by eating a variety of different kinds, you are helping your body get all the nutrients it needs! Savor the flavor by mixing up colors, shapes and textures into your dishes!



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National School Breakfast Week

wake up!
to
School Breakfast



In addition to National Nutrition Month, National School Breakfast week is March 7th-11th. Celebrate with us during this week by showing support for our school breakfast programs throughout all Lynn Schools! Remember, breakfast is offered and available to all students in all of our schools.

To show our support for this important meal, Kelsey took some time during breakfast to talk with students at Ingalls Elementary School about what makes their school breakfast great! Just some of the comments included their love for fresh apples and pears, the variety of cereals offered, and tasty yogurt options. Ingalls provides free breakfast to all students, both in the cafeteria and in the classroom.

Don't forget to check out our digital school menus on Nutrislice to see what we are dishing up for breakfast:

<http://lynnschools.nutrislice.com/>