



# Lynn Public Schools

## Nutrition & Health Tidbits

NOVEMBER 2016

### November Food Focus: Legumes

Legumes are a variety of beans and peas that are rich in high-quality protein. Chick peas, kidney beans, soy beans and black beans are just some common types of legumes, whereas adzuki, mung, and fava beans are some less common types.

#### GROCERY STORE TIP:

Legumes are an excellent cost-effective protein source that you can purchase dried, canned or frozen. All of these options provide the ease to keep them on hand since they last for a long time! If you purchase dried beans, try brining beans which results in a softer skin. Do this by adding 1.5 TBSP of salt per 2 quarts of water, and let soak at room temperature for 8-24 hours.

#### COOKING WITH LEGUMES:

Since legumes count as both a vegetable and protein source, they can be a great addition for side dishes or main entrees. Add legumes to soups, stews, salads, salsa, or rice. Get creative by adding beans to grilled cheese sandwiches with salsa, puree them into dips, or even season or roast as a side dish.

#### HEALTH BENEFITS:

Shoot for eating three servings of legumes each week. One serving of these high-protein veggies is equivalent to 1/2 cup. Legumes are high in fiber, folate, iron and zinc. These nutrients help play a role in keeping us full, while decreasing our risk of heart disease and diabetes.

#### FUN FACT:

Many people believe that eating black-eyed peas brings them good luck for the New Year. This comes from the Civil War era when the Union army left behind black-eyed peas for the Southerners. These beans helped the Southerners survive the winter, so it brought them good luck.

## Celebrating Farm to School Month at Ford



Last month, Ford Elementary School took the time to celebrate Farm to School Month in a lot of ways! Ford just launched a new Fresh Fruit and Vegetable Program, so to kick-off this new program, the school held a fruit and veggie challenge during lunch time. Ford also has a school garden, so the food services team thought it would be a great idea to coordinate the challenge with what they are growing in their garden, by sampling some local veggies. Rainbow carrots were purchased from a local farm to do a sampling and education during lunch time lead by our Food Service Dietitian, Assistant Food Service Director, and a FoodCorp member that the team collaborates with. The fourth graders were our lucky winners of the challenge! Winners will be receiving customized water bottles with Ford's school logo.



## LYHA Collaborates w/ Food Services

Last month our Food Service Dietitian took the time to meet with students who are members of the Lynn Youth Health Alliance (LYHA) group at both English and Classical High Schools. This year, students expressed a strong interest in partnering with food services as an opportunity to engage students in our school meal programs—which after all, the students are why school meals exist! This first initial meeting included a basic



overview and Q&A session on school meals, with topics such as: where our food comes from, how it is made, program guidelines and regulations, and the nutrition facts/ingredients found in foods served. This initial meeting also provided an opportunity for students to determine next steps on how they can collaborate with food services in provide a voice and feedback. Next steps will include the group creating a student survey that will gather feedback from a larger student body, as well as possible student-lead focus groups. The group plans to meet with food services on a quarterly basis to continue this collaboration throughout the school year.

# Black Bean Citrus Salad

Serving Size: 6

## Ingredients:

2 cups black beans, canned, drained, rinsed  
1/4 cup chopped green onion  
1/4 cup diced celery  
1/4 cup diced green pepper  
1/4 cup diced fresh tomatoes  
2 TBSP chopped fresh cilantro  
1 TBSP minced fresh garlic  
1 tsp dried oregano  
1/4 cup orange juice  
2 TBSP lemon juice  
1/4 tsp ground pepper  
2 TBSP olive oil  
1/8 tsp salt

## Instructions:

1. Wash all produce
2. Combine beans and prepared produce in a mixing bowl. Gently stir with a spoon
3. Add remaining ingredients and mix well to combine. Chill in the refrigerator for at least one hour.
4. Serve and enjoy!



## Go Meatless on Mondays

Legumes are an excellent source of protein, which helps build strong muscles and keeps us healthy and active. This month, why not make your Mondays a “Meatless Monday”?! Replacing animal proteins with plant proteins not only provides your body with good fiber, vitamins and minerals, but plant proteins take less water and energy to grow than animal proteins, making your decision good for the planet too!

## DIGGING UP DIRT

Legumes are the only plant to give back to the garden. The soil is enriched because legumes add nitrogen back to it.



### Contact Us!

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## November Menu Highlights



Come check out the school cafeteria and experience what we are highlighting for the month of November. Featured promotions includes “Taco Tuesdays”, which will not only be menued on Tuesdays, but other days throughout the week since it is such a student favorite! This menu item will be served in a variety of different ways throughout the month, like nachos, fajitas and taco salad. Legumes, our Simply Good Food Focus for the month, will also be highlighted in a variety of different dishes such as: chick pea salad, Mexican spiced rice and beans, beef and bean chili, and baked beans. The food services team will be highlighting monthly promotions throughout the school year which will feature new and seasonal menu items for students and staff to try.