



WHAT'S HAPPENING IN YOUR CAFÉ?

Apple Samples @ Callahan

Students at Callahan were able to sample golden delicious and Macintosh apples to celebrate January's Harvest of the Month. During lunch time, students snagged an apple of their choice, along with stickers, activity sheets and apple trading cards. Our top fun fact of the day that students learned: apples are made up of 85% water, which is why they float!

Smart Snacking in Schools

Satisfying and nutritious snacks often contain more than one food group. Creating snacks with a combination of fruits, vegetables, whole grains and proteins such as string cheese with veggies, and a whole wheat pita with hummus, will help you keep going on busy days. We will be visiting classrooms this month where students will be making their own spiced trail mix!

Did you know that all of the snacks and beverages that are offered and sold in our schools must adhere to strict nutrition guidelines? The goal of these standards is to ensure our schools offer students food and beverage choices that enhance learning and cultivate healthy eating behaviors. Here in Massachusetts, snacks and beverages must meet certain criteria like: portion size, calories, fat, sugar and sodium. Additionally, no food or beverages may be artificially sweetened or contain caffeine. You can find more information by clicking [here](#).



FOOD & WELLNESS



Heart Month

Did you know that people who have close relationships at home, work and in their community tend to be healthier and live longer? This is because we are more successful in meeting our health goals when we join forces with others. Whether it is exercise, healthy eating, getting enough sleep or managing stress, they all play an important role with heart health and you shouldn't have to do it alone. Ensure your diet is rich in fruits, vegetables, whole grains, nuts, seeds, legumes and oily fish. Focus on real foods, versus heavily processed or refined foods. Have a sweet tooth? Added sugar can be a main ingredient found in a lot of processed and refined foods, so it is important to monitor our sugar intake in order to maintain a healthy heart. Try out this recipe for a healthy swap, [dark chocolate figs!](#)



Tracy Parent Nutrition Workshop

We visited Tracy this past month to speak with parents about strategies and tips to help improve healthy eating choices and nutrition outcomes for their children. Our continued involvement and collaboration with parents only benefits the whole child in so many ways, as it better aligns with what is being done at school, with what can be done at home. Contact us if your school is interested in us hosting a nutrition workshop for your parents!

FEATURED RECIPE



SPICED TRAIL MIX

INGREDIENTS

- 1 cup Dried Craisins
- 1 cup Cinnamon Chex Cereal
- 1/2 cup Pumpkin Seeds
- 1 cup Granola (brand of your choice)
- 1 tsp Cinnamon
- 1 tsp Nutmeg
- 1/2 cup Semi-Sweet Chocolate Chips

METHOD

- 1 In a medium bowl, combine Chex cereal, dried craisins, semi-sweet chocolate chips, granola, pumpkin seeds, cinnamon and nutmeg.
- 2 Toss everything together.
- 3 Portion out into 4 snack-size servings.
- 4 Enjoy when you're on the go!

