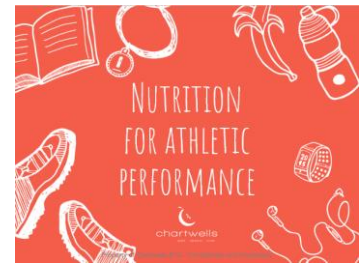




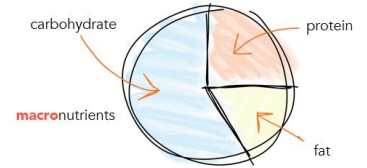
WHAT'S HAPPENING IN YOUR CAFÉ?

Sports Nutrition Program at Classical HS

We have officially launched our sports nutrition pilot program at Classical High School, working with the boy's tennis team! The first of three presentations took place on April 10th, where the team learned about the importance of focusing on nutrition for athletic performance. This presentation covered what macro nutrients are, and how much we need of each in order to achieve optimal sports performance. Our second presentation is scheduled for May 8th where students will learn about hydration for performance. We are also planning to arrange training tables in the café, hosted by both the tennis team and food services team, where food samples and sports nutrition education will be provided for all students.



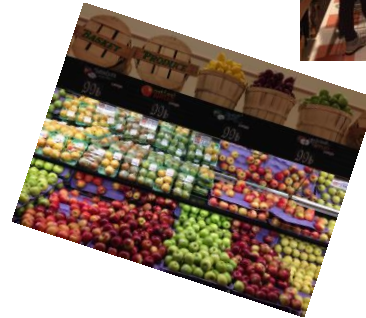
WHAT ARE THE MAJOR COMPONENTS OF THE FOOD WE EAT?



FOOD & WELLNESS

Market Basket Grocery Store Tours

This past month, food services, in collaboration with the Lynn English nurse team, took a group of pre and post natal teen moms on a field trip to Lynn's brand new Market Basket. These girls learned how to make healthy choices for both mom and baby, while learning some tips and tricks for navigating the store while sticking to their budget and utilizing their WIC benefits. Food services' partnership with the district has allowed for opportunities like this that work towards improving the health of the Lynn community as a whole. We will be planning more grocery store tours with students from Drewicz Elementary School during the month of May and June, stay tuned!



FEATURED RECIPE

Raw Strawberry Oat Bars

INGREDIENTS

- 6-8 cups strawberries, cleaned and trimmed
- 6 cups pitted dates
- 1 cup rolled oats
- ½ tsp salt

STEPS

1. Add dates, oats and salt in a food processor until smooth – add more oats if the mixture is too sticky to handle.
2. Roll, or press by hand, onto wax paper on a cookie sheet.
3. Mash half of berries (or process) and spread over date-oat crust.
4. Slice bars to desired size. Slice remaining whole berries, and top bars with a few slices of fresh strawberries.

