

February Newsletter



Above: Lynn Woods students giving a thumbs up to rainbow carrots!

What are we cooking up this month?



This month we are focusing on a couple different concepts across the district! Check out our list below:

- Harvest of the Month:** Learning about and trying winter squash
- Smart Snacking:** Choosing snacks that fuel us throughout the day to be our best student selves
- Mood Boost Taste Tests:** Getting our elementary school students to try new fruits and vegetables in exciting ways
- Staying Active in the Winter:** Ways to exercise inside and out!

Mark Your Calendars!

2nd- National Tater Tot Day

This yummy potato side was created in 1953.

9th- National Pizza Day

What is your favorite pizza topping?

14th- Valentine's Day

Show some love to those around you on this day!

20th- Presidents' Day

Kicking off February break with celebrating our leaders in history.



Nutrition Corner

What makes a great snack?

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long. We want to aim for snacks that will keep us satisfied until our next meal, as well as provide added value to reach our nutrition goals for that day.

A great way to structure a snack is using these three components:
Fiber, Protein, Carbs

Fiber Foods: Fiber is an important part of our diet. It helps aid in healthy and regular digestion, and create healthy blood to help our heart!

Examples:

Fruits, vegetables, whole grains

Protein Foods: These are the building blocks in our body that help in many functions including building strong muscles. It is important to reach your protein goal for the day to be sure we have enough strength to make it through each day.

Examples:

Meats, Dairy, Eggs, Beans

Carbohydrates: This is our body's preferred fuel source, and it is very efficient at breaking them down. Meaning that it is important to pair our carbohydrate foods with the two parts above to slow down digestion and keep us full for longer.

Examples:

Grain foods (crackers, cereal, rice), Fruit, Dairy

Let's put it all together. Here are some examples that provide all three categories!

Fiber: Whole Wheat Cracker
Protein: Cheese
Carb: Both!



Whole Wheat Crackers & Cheese

Fiber: Apple
Protein: Nut Butter
Carb: Apple



Apples & Nut Butter

Fiber: Both!
Protein: Hummus
Carb: Both



Vegetables & Hummus



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