

# March Newsletter



## But First... a February Recap!

Check out above some of the fun we had in February! We loved getting out and talking about healthy snacking this month. Take a look at our Nutrition page to access handouts and recipes that have been featured this month.



English High School students were feeling the love on Valentine's Day with our chocolate covered strawberries!



At Fallon Elementary School students learned about healthy snacking by making energy bites, packed with healthy fats, protein and carbohydrates!

At Marshall Middle School we had a cafeteria taste test with our corn and black bean salsa and whole grain tortilla chips. This is served on the Extra Extra bar weekly and works as a balanced snack!



At Connery Elementary School students tried roasted cinnamon butternut squash to celebrate the Harvest of the month.



## Fun Days in March!

### 2<sup>nd</sup>- Read Across America

The largest celebration of reading! Grab your favorite book on this day to partake.

### 6<sup>th</sup>-10<sup>th</sup>- National School Breakfast Week

We are celebrating breakfast the whole week! Keep an eye out for activities and treats

### 13<sup>th</sup>- Chicken Noodle Soup Day

What's your favorite type of soup??

### 31<sup>st</sup>- National Farm Worker's Day

There is so much to learn about our farmers in New England. Here's where to start:



**KEVIN RICHARDSON** DIRECTOR OF DINING SERVICES

S 781.477.7220 x 3227, or [richardsonk@lynnschools.org](mailto:richardsonk@lynnschools.org)

**LEAH MACFARLANE** RESIDENT DIETITIAN

S 781.859.9870 x 3536, or [macfarlane@lynnschools.org](mailto:macfarlane@lynnschools.org)

# Plant Power in The Month of March

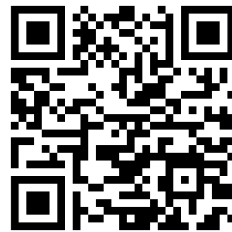
March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet.

In March, our team will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed, to table.

## Welcoming Spring on March 20<sup>th</sup>! How and Why to Shop Produce Seasonally:

### 3 reasons to shop seasonally for your produce:

- 1. Quality** of produce when it is in season is much better, fruits or vegetables are not grown locally in season they must be sourced from somewhere that has a climate capable of growing. This means that it needs to be shipped to us and thus likely will go bad quickly or has additives to help it to last in travel.
- 2. Supporting local farmers** helps with growing your community and economy! Your support helps to keep these farms running. And typically costs less!
- 3. Helps the environment.** Shopping seasonally uses less water and helps create sustainable farm practices which damages the land less, uses less water, and causes less erosion which is great for our planet!



Scan for a seasonal produce guide!



chartwells  
**Discovery**  
KITCHEN



**KEVIN RICHARDSON** DIRECTOR OF DINING SERVICES  
S 781.477.7220 x 3227, or [richardsonk@lynnschools.org](mailto:richardsonk@lynnschools.org)  
**LEAH MACFARLANE** RESIDENT DIETITIAN  
S 781.859.9870 x 3536, or [macfarlanel@lynnschools.org](mailto:macfarlanel@lynnschools.org)