

NUTRITION

NEWS JUNE 2019

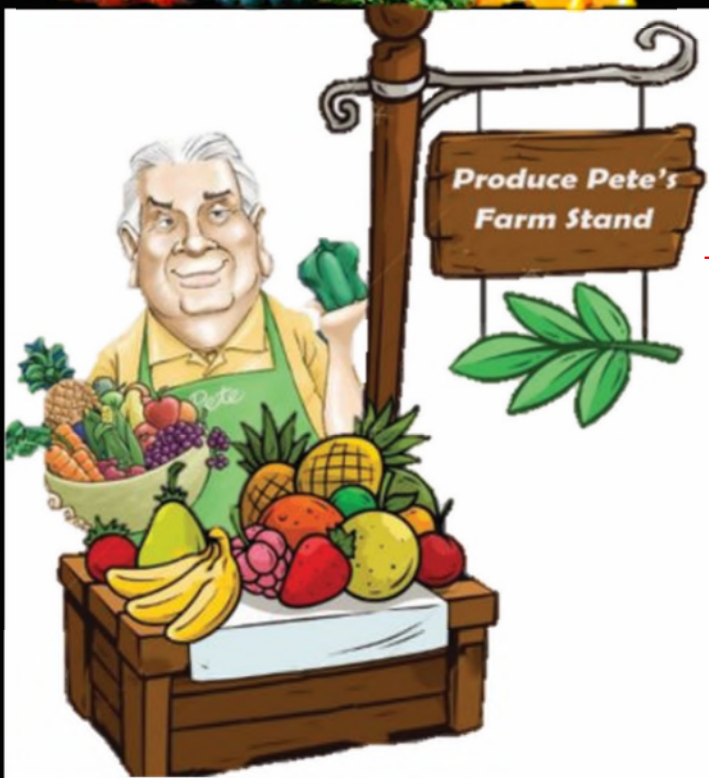
Smoothies

Kiddos, it is so important to eat enough fruits and vegetables daily. Why? Because fruits and vegetables provide nutrients vital for health and maintenance of your body. Children need 2-3 serving of fruit a day and 3-4 servings of vegetables a day. A current but healthy trend is the smoothie. Smoothies offer a convenient way to boost fruit and vegetable intake. Plus, they are packed with nutrients such as vitamins and minerals!



Hey Kiddos!
Studies show if you consume the exact same amount of calories in a liquid form instead of solid form you will consume more calories later. Liquefied energy does not satisfy your appetite as well as solid food would. Does this mean smoothies are not good for you? No, not at all; just be aware. Try having a smaller size smoothie as a snack.

Toni Bowman, MBA, RD/N



Strawberries

STRAWBERRIES SMELL GREAT BECAUSE THEY ARE A MEMBER OF THE ROSE FAMILY.

THERE ARE OVER 200 SEEDS ON THE AVERAGE STRAWBERRY AND THE ONLY FRUIT TO WEAR THE SEEDS ON THE OUTSIDE.

STRAWBERRIES NOT ONLY TASTE GREAT, THEY ARE GOOD FOR YOUR MUSCLES, BRAIN POWER AND YOUR HEART.



Kale

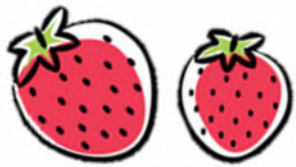
Kale is good for you. It contains more calcium than a carton of milk! Excellent for growing bones.

Great for a snack, kale is a super food and makes great kale chips.

Kale is not just green in color, it comes in white, purple, and bluish green.

Kale dates back to 2000 B.C. but it didn't make it to America until 1669.

Eating kale is great for your vision health.



Smoothie Recipe

(Kale, Strawberries, Banana, Yogurt)

1 cup chopped fresh, kale

1 cup strawberries

1 frozen banana

1 cup yogurt

1 cup of ice



1. Gather all ingredients.
2. Place all ingredients in a blender or food processor.
3. Blend. Add more ice if too thick; add a bit of milk or water if too thick.

FRUIT AND VEGETABLE OF THE MONTH

We would like to take the time to thank our local farmer's for providing us with healthy and delicious options for our school meals.

Strawberries grown by *Buzby Farms* from Salem County, New Jersey

Kale grown by *Buster Petronglo and Son Farm* from North Vineland, New Jersey.

Fresh KALE



POMPTONIAN FOOD SERVICE

"This institution is an equal opportunity provider."