



ENCOURAGING KIDS TO CHOOSE HEALTHIER FOODS

It can be tough getting kids to eat healthfully when you are on vacation or dashing between sports practice, school and family errands.

Here are some suggestions for getting your kids to eat healthier:

1. Teach your kids about nutrition from a very early age. Even though you think they do not understand, they do, and it sinks in. Talk to them. "This carrot is loaded with vitamin A, which is so good for your eyes." "Avocados have good fat in them that helps your brain."

2. Go through your refrigerator, pantry and cabinets and determine what positive changes you could make. Get everyone involved in the process. As you become more aware of which foods are unhealthy, you can reduce the amount of those foods in your diet and within reach.

3. Involve kids in meal-planning and grocery shopping. This helps them learn about different foods and makes them part of the decision making. Children look to us as role models, and if they see us trying to become healthier, it will likely spark a desire for change in them.

4. Make it fun! Get the kids in the kitchen whenever possible, cooking, peeling, picking leaves off of herbs, chopping (with age appropriate knives of course) or anything that gets them in on the action.

5. Be persistent but not insistent when offering healthier foods. Many parents give up a little too easily when it comes to trying out new foods with their kids. It can take 8 to 15 exposures before a child warms up to a new taste.

Keep healthy snacks on hand in proper portions.

Good options include:

- Fruits and veggies
- Smoothies
- Low-fat cheese
- Yogurt
- Frozen fruit juice bars
- Whole grain crackers



NEW EXCITEMENT EVERY MONTH!

Each month in the Elementary Schools, the students will embark on a culinary journey with our "From The Farm" promotional series. In the Middle and High Schools, the "Make It Count" promotional series that will educate and inspire your students. Both introduce your child to creative and new menu items featuring a variety of fresh ingredients.



APRIL AND MAY

We are kicking off the spring months with a celebration of flavorful dishes centered around tasty, sweet Honey and refreshing Berries. Apple Honey Glazed Chicken will surely get those taste buds engaged while Honey Ricotta Fruit Dip and Honey Cardamon Citrus Salad will kick it up another notch!

Did you know? Honey never spoils. When sealed in an airtight container, honey is one of the few foods known to have an eternal shelf life. There are even reports of edible honey being found in several-thousand-year-old Egyptian tombs.

What about those refreshing Berries?! Blueberry Stuffed French Toast and Strawberry Oat Bars will leave your student satisfied and asking for more.

Did you know? Berries provide the ultimate brain protection and keeps your brain clean. Eating more berries helps your brain age better, think better, learn better and remember more. They also help you maintain better control of your muscles and limbs.

Check your elementary student's back pack for awesome recipes that the whole family can enjoy!

