

The Dietitian's Desk

WELCOME TO THE DIETITIAN'S DESK!

This newsletter is committed to providing insightful nutritional information to promote a healthy lifestyle in school and at home.

This month's newsletter was developed by Sodexo's
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Deep Dives into Dairy

SEEN IN YOUR SCHOOL LUNCH

June is National Dairy Month! Dairy is a key component of school meals and can be found in the form of low-fat milk, cheese and yogurt. All of our Sodexo schools offer milk at both breakfast and lunch. Dairy can be found in some favorite school recipes such as pizza, smoothies, nachos, deli sandwiches, yogurt parfaits, tacos, salads and macaroni and cheese.

DAIRY FACTS

1. The average cow weighs around 1200 pounds. They eat about 100 pounds of feed and drink 30-50 gallons of water each day!
2. Dairy foods provide important nutrients that help you grow such as calcium, vitamin D, and protein. In addition to supporting bone growth, recent research has associated consumption of dairy foods with lower risk of stroke, high blood pressure and cardiovascular disease.
3. All types of cow's milk - nonfat, 1%, 2% and whole, contain the same amount of vitamins and minerals. The only difference is the fat content.
4. In the United States, the most popular cheese is cheddar and the most popular ice cream flavor is vanilla.

References:

The National Dairy Council. Accessed April 23, 2021. Available at: <https://www.newenglanddairy.com/>

Kids Health. Does Nonfat Milk Provide the Same Nutrients as Whole Milk? July 2018. Accessed April 26, 2021. Available at: <https://kidshealth.org/en/parents/skinny-skim-milk.html>

FROM YOUR FARMER

Most dairy cows are milked two to three times per day and can produce about 8 gallons of milk each day – that about 100 glasses! It only takes about 5-7 minutes for a cow to be milked. All 50 states in the US have dairy farms and 95% of them are family owned. You can support your community by buying local milk and dairy!

RECIPE OF THE MONTH

Unicorn Yogurt Bark

Ingredients:

- 1 cup strawberries, chopped
- 1 cup mango, cubed
- 1 cup blueberries
- 3 cups plain Greek yogurt
- ¼ cup shredded coconut

Makes:

- 8-10 Servings

Recipe Source:

- The New England Dairy Council



Directions:

1. In a microwave-safe bowl, microwave half of the strawberries and half of the mango for 90 seconds. Mash with a fork.
2. In a separate microwave-safe bowl, microwave half of the blueberries and the other half of the mango 90 seconds. Mash with a fork.
3. Add 1 cup of yogurt to each bowl of fruit. Stir to combine.
4. On a parchment paper-lined 9x13-inch dish, spread the remainder of the plain yogurt (1 cup) across the bottom of dish. Then alternate scooping the two fruit & yogurt mixes on top of the plain yogurt layer. Run a knife through the dish to create a marbling effect.
5. Top with reserved fruit and sprinkle coconut.
6. Freeze for 2 hours. Remove from tray and break into pieces. Eat immediately or store in an airtight container in the freezer.

Healthful Hints

Creating a Routine: The best part of a good routine, is that with deliberate practice and repetition it can easily become a habit that increases the quality of your life.

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