



# September 2022

## Nutrition Newsletter & Food Service News



### WELCOME BACK TO SCHOOL!

We hope you had a fun and relaxing summer break! A new edition of the newsletter will be available monthly, so be sure to check it out on the district website to stay up to date with any special announcements, news, and events happening within the district. Each month, DELICIOUS Limited Time Offers and EXCITING promotions will be highlighted. Explore the featured nutrition and wellness topics and try out a new, healthy recipe. We are looking forward to another great school year!

### Highlights

Food services in the Scranton School District are provided by Aramark. ALL students in the district are eligible for FREE breakfast and FREE lunch daily. Even if your child brings their lunch from home, they are always welcome to get a meal at school! Menus are posted on the district website and can be found under the Food Services section.



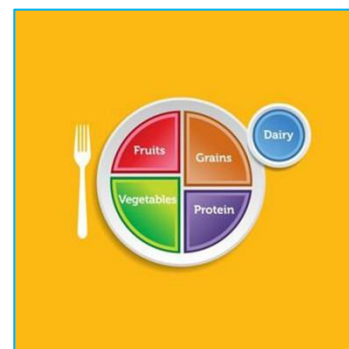
**DID YOU KNOW?**

**BREAKFAST** and **LUNCH** is served at school every day!

Both are available to **EVERY** student, at **NO CHARGE!**

### Benefits of Eating School Meals

- School meals are required to meet federal nutrition standards and guidelines. Foods provided to students are nourishing and nutritionally balanced.
- Less stress! The start of the school year is busy enough. Eliminate the stress of packing meals at home and encourage students to explore their meal options at school. Plus, they might even get to try something new at school that they may not eat at home!
- Research shows that students who participate in school meal programs consume more whole grains, milk, fruit, and vegetables during mealtimes and tend to have a better overall diet.
- Healthy school meals play an essential role in helping students thrive in and out of the classroom. Our district is committed to providing every student with nutritious meals they can enjoy.



## Fresh Fruit & Vegetable Program (FFVP)

Did you know that the elementary schools within SSD participate in the FFVP?

### What is the FFVP?

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to children at eligible elementary schools during the school day. The goal of the FFVP is to introduce children to fresh fruits and vegetables, to include new and different varieties, and to increase overall acceptance and consumption of fresh, unprocessed produce among children. The FFVP also encourages healthier school environments by promoting nutrition education. <https://www.fns.usda.gov/ffvp/ffvp-fact-sheet>



Each week, students will have the opportunity to sample 2-3 different fruits or vegetables – some that you may have never even heard of before or knew existed! Students will learn new and interesting facts about what they are eating. This allows them to open their minds to trying new foods and develop a more diverse palate for a wide range of fruits and veggies.

## September LTO & Promotions

**This month's LTO is the Harvest Grain Bowl!**

**When? Week of 9/19 – 9/23**

**What's Inside?**

- Rice
- Quinoa
- Lentils
- Cinnamon Sweet Potatoes
- Roasted Broccoli
- Honey-Stung Chicken Vegan Bites
- Chickpeas
- Feta
- Craisins



**Celebrate National Cheeseburger Day on 9/16!**



## Food Safety Education Month

September is National Food Safety Education Month! Take time to brush up on food safety and educate yourself and others on ways to prevent food poisoning. Remember to always take the necessary steps to keep yourself and others healthy.



### Remember These 4 Key Steps:

1. **Clean:** Wash hands, utensils, and surfaces often when cooking.
2. **Separate:** Raw meat, chicken, turkey, seafood, and eggs can spread germs. Keep raw foods away from cooked foods and produce.
3. **Cook:** Use a food thermometer to make sure foods are cooked to the correct Minimum Internal Temperature that kills germs.
4. **Chill:** Refrigerate perishable foods and leftovers within 2 hours

### RECIPE OF THE MONTH: Grilled Peach Arugula Salad

#### **Ingredients:**

2 fresh medium peaches (pitted & cut in half)  
1 tsp extra virgin olive oil  
4 cups fresh arugula (stem removed, chopped 1/2")  
2 oz queso fresco (crumbled)  
1 Tbsp balsamic vinegar  
1 Tbsp extra virgin olive oil  
¼ tsp kosher salt  
¼ tsp black pepper  
Toasted pecans or walnuts (optional)

#### **Directions:**

1. Pre-heat char-grill
2. Combine peaches and 1 tsp olive oil. Toss to coat. Grill peaches until caramelized, 4 to 5 minutes. Chill. Dice 1/4".
3. Combine arugula, diced peaches, queso fresco, vinegar, olive oil, salt, and pepper. Toss to mix.
4. Garnish with toasted pecans or walnuts (optional)

