



WELLNESS LETTER



Summer is here! Be sure to stop by one of our school sites to pick up your meals and produce bag. Meal kits consist of 7 breakfast and 7 lunch items, milk, juice and a produce bag.



MEAL SERVICE HOURS & LOCATIONS

Thursday Grab & Go Service

Thursday June 17th
Thursday June 24th
Wednesday June 30th

11:30 AM - 1:00 PM

Perris High School
Heritage High School
Paloma Valley High School
Pinacate Middle School

Thursday July 8th
Thursday July 15th
Thursday July 22nd

Stay Hydrated for the Summer



- Water is the main component of blood, which supplies cells with oxygen and nutrients and carries waste out of the body.
- Water lubricates joints.
- Water cushions vital organs.

Fun Fact... Coconut water is a mineral-rich liquid from the inside of young, green coconuts. Packed with potassium, magnesium, sodium, and calcium, coconut water can replenish lost fluids and electrolytes from exercise and hot summer temperatures. Try freezing coconut water ice cubes or pops for a refreshing, hydrating summer treat.



The Wellness Recipe

Chilled Summer Gazpacho

This chilled soup is best served on a hot summer day. Make this soup in advance and store in the refrigerator to chill as long as possible and it will be ready to serve when you are ready to cool off.



INGREDIENTS

- 1 cucumber, roughly chopped
- 6 medium tomatoes (heirloom variety if possible)
- ½ oz basil leaves, stems removed
- 1 celery stalk, roughly chopped
- ½ red pepper, deseeded and roughly chopped
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1 tbsp extra-virgin olive oil, plus extra for drizzling
- 1 tbsp red wine vinegar
- Sea salt and freshly ground black pepper

PREPARATION

- Put all the ingredients in a food processor and puree until smooth, then season to taste with salt and pepper.
- Add some water to thin the soup if needed, place in the refrigerator to chill completely. Before serving check the seasoning and adjust as necessary.
- Serve in chilled bowls and drizzle some more oil on top to serve.