

MSD of Pike Township Spring Nutrition Newsletter



What's New in Your Schools?

Welcome to your quarterly newsletter! We are excited to share our story with you! We have had the privilege to have our second celebrity chef, Jonathan Zaragoza, here in Pike Township! He helped host a "Chopped" style culinary competition at Pike High school, which was broadcasted to the 3,000+ students during lunch.

Students at Pike High School, Pike Freshman Center, and Pike Preparatory Academy have traveled to China, Indian, Italy, and Mexico on their Global Eats journey. Their next stops are the Caribbean and Korea, with different cuisines debuting every Thursday in the high school cafeterias!

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This institution is an equal opportunity provider

Spotlight:

Global Eats:

Hop on the journey with us to introduce our students to flavors from different cultures and cuisines!

Discovery Kitchen:

This March, we are focusing on Plant Power, and April brings Be a Waste Warrior.

Smoothie Bike:

With district wellness nights coming up, the smoothie bike is making its way to many of the schools!

Upcoming Events:

Stay tuned for more updates in our next quarterly newsletter!

Look What is Coming Up with Discovery Kitchen!

March is Plant Power month in the cafes, which is a celebration of plant-based fresh, seasonal, and local foods. April is Be a Waste Warrior month, where we will learn how to reduce waste and create an impact.

In March, we will be visiting Eagle Creek Elementary and Snacks Crossing Elementary. In April, we will head to New Augusta North and Central Elementary. Each school will participate in interactive demos, try delicious recipes, and receive fun and informative nutrition education during their lunch period!

A Look Back at Discovery Kitchens

Students at NJELC and Guion Creek Elementary loved the Power-Up Energy Bites, with many students asking for seconds! Try this delicious recipe at home! It is packed with energy, protein, and fiber to help keep us nourished during physical activity!



Power Up Energy Sun Butter Bites

INGREDIENTS

- 1/2 cup – sunflower butter (room temp.)
- 1 tsp. – vanilla flavoring
- 1 ½ oz. – ground graham cracker
- 1/3 cup – honey (room temp.)
- 1 cup – quick oats
- 3 oz. – chopped dried cranberries

Servings: 8 - 10

METHOD

- 1) Stir all ingredients in a bowl to mix well.
- 2) Shape into balls and refrigerate.

Serve & Enjoy





**Global
Eats**

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Spring Global Eats

Pike High School, Pike Freshman Center, and Pike Preparatory Academy

Coming up, the rest of the school year, we will be focusing on cuisines from the Caribbean and Korea! For the Caribbean, we will try cuisines from Jamaica, Cuba, the Dominican Republic, and Puerto Rico!



Check out the menus for all of the schools in MSD of Pike Township on [Nutrislice](#)!

Better Together

Join us in celebrating some of our other fun events!



Smoothie Bike

Watch for the smoothie bike to make an appearance at your upcoming wellness night! Who knew that peddling a bike could make a delicious smoothie?

Student Choice

On March 19th, students at Pike Freshman Center will get to participate in Student Choice, where they will get to taste test different items, and choose what they want presented in the lunch line!

Mood Boost

Catch Mood Boost at a couple schools, where we learn how different foods can impact our mood based on the nutrients that are in them!



Need Meal Ideas?

Check out our quick and easy meal demonstrations and recipes using ingredients from the Pike Red Zone Food Pantry!

Scan the QR code to see our newest recipes!



SCAN ME



Dietitian's Corner:

The Importance of Hydration!
Why is it so important to stay hydrated?

- Keeps skin hydrated and healthy
- Flushes toxins and body waste out
- Dissolves minerals and other nutrients
- Increases energy and relieves fatigue

•Tips for Staying Hydrated:

- Buy a reusable water bottle
- Always keep water nearby
- Track how much water you drink a day
- Have one glass of water with every meal
- Eat fruits and vegetables with high water content (cucumber, lettuce, tomato, watermelon, strawberries)