

WELLNESS NEWSLETTER

Shoreline Public Schools



Cafe Shoreline
Eat Well. Learn Well. Be Well.



Harvest of the Month

Have you heard? Shoreline Public Schools once again received the Farm-to-School grant from the Washington Department of Agriculture! Money from the grant will be used to purchase fresh, seasonal produce from local farms throughout the 2023-24 and 2024-25 school years. Students at all SPS schools can expect to see a variety of produce and farms highlighted through the “Harvest of the Month” program. Here’s a snapshot of some of the items that have come through our schools so far this school year:

Apples – Bellewood Farm, Lynden, WA

Watermelon Radish – Boldly Grown Farm, Bow, WA

Delicata Squash – The Crows Farm, Mount Vernon, WA

Purple and Green Cabbage – Ralph’s Greenhouse, Mount Vernon, WA

Ask your student if they have been able to sample any of these foods at school! Look for them together in the grocery store and experiment with different recipes to enjoy them together!

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Seasonal Recipe: Whole Wheat Oatmeal Banana Bread

Yield: 12 slices.

Prep Time: 10 min, Total time: 1 hr, 10 min

Ingredients

- Cooking spray
- 1 heaping cup mashed banana
- $\frac{1}{3}$ cup honey
- $\frac{1}{3}$ cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 egg
- $\frac{3}{4}$ cup milk (nonfat or lowfat milk or unsweetened dairy-free milk alternative)
- 1 $\frac{1}{2}$ cups whole wheat pastry flour
- 1 cup rolled oats
- 1 $\frac{1}{2}$ teaspoon baking powder
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 degrees F. Spray a 9-inch loaf pan with nonstick cooking spray.
2. In a large bowl, combine mashed banana, applesauce, honey, egg, milk, and vanilla until well-combined and creamy.
3. In a separate medium bowl whisk together the whole wheat flour, oats, baking powder, baking soda, salt, and cinnamon.
4. Add wet ingredients to dry ingredients and mix until just combined (don't overmix!).
5. Pour into prepared loaf pan, sprinkle oats over the top (if desired), and bake for 60-70 minutes or until toothpick inserted into center comes out clean with a few crumbs attached.
6. Remove from oven and place on a wire rack to cool completely before cutting.

Nutrition information (per slice, 78g): 133 kcal, 1.3 g total fat, 0.31 g sat fat, 202 mg sodium, 3.1 g protein, 27.6 g total carbs, 2.8 g fiber, 10.1 g sugar

Recipe by Ambitious Kitchen: <https://www.ambitiouskitchen.com/whole-wheat-oatmeal-applesauce-banana-bread-healthy-vegan-friendly/>





Ingredient Insight: What is a Whole Grain?

A grain is the seed part of plants such as wheat, rice, corn, and oats. Though each type of grain looks different, every grain contains three layers. The bran is the outermost layer. It is full of fiber, B vitamins, and minerals such as zinc and magnesium. The middle starchy layer is called the endosperm. This is white fluffy part that “pops” out of a popcorn kernel. The innermost layer is called the germ. This layer contains healthy fats, vitamin E, and B vitamins. All three layers remain in a whole grain, but in refined grains, the bran or germ layers (or both!) have been removed. Products made with refined grains are lighter, fluffier and easier to chew and digest. They also have longer storage life because of the removal of the healthy fats from the germ. However, the refining process also strips valuable nutrients from the grains. Many research studies show that choosing whole grains improves both immediate and long term health. This is why most of the grain products offered through our District Food and Nutrition Services are “whole grain rich” (more than 50% whole grain).

You can enjoy whole grains at home, too. Brown rice, oats, and popcorn are all examples of whole grains. Wild rice, barley, quinoa, teff, and sorghum are other examples of delicious whole grains. Tortillas made with whole grain corn and baked goods made with whole wheat flour are also whole grain products. Check the ingredient list on the package. If the first ingredient listed is whole grain, it’s “whole grain rich!”

What is the Wellness Policy?

Every school district must have a wellness policy, according to Federal requirements. Our District’s Nutrition and Wellness Policy includes goals for nutrition education, physical activity, and other school-based activities that promote wellness for all of our students in Shoreline Public Schools. It guides school decisions about what foods are provided and promoted to students during the school day, from school cafeterias to vending machines to class parties.

Foods for class parties must meet one of these criteria:

- More than 50% whole grain
- First ingredient is fruit, vegetable, dairy, or protein food
- Contains at least 1/4 cup fruit and/or vegetable

Beverages have requirements, too!

- Go to the Smart Snack Calculator to determine if the beverage is permitted for your student's class
<https://foodplanner.healthiergeneration.org/calculator/>

Some easy class party snack ideas:

- String cheese
- Dried fruit with no sugar added
- Popcorn
- Hummus with whole grain crackers
- Sparkling water

Read more about the Wellness Policy at: <https://www.ssd412.org/departments/food-nutrition-services/nutrition-wellness>



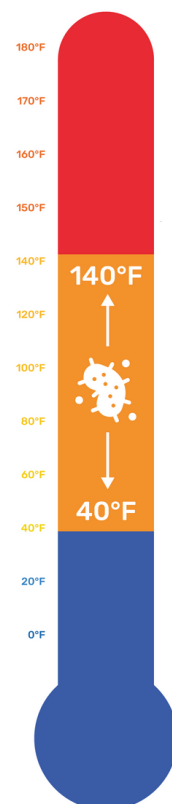
Temperature Danger Zone

The Temperature Danger Zone is the critical temperature range from 40°F (4°C) to 140°F (60°C) in which bacteria can quickly multiply to dangerous levels and can make people sick. Within this Temperature Danger Zone, the number of harmful bacteria on foods can double every twenty minutes!

Bacteria like to grow on some foods more than others. These perishable foods are often high in moisture and nutrients: two things that bacteria need to thrive! Some examples of perishable foods include meat, eggs, seafood, and dairy products like milk and yogurt. Bacteria also grow quickly on cooked grains like rice and pasta, cooked vegetables like squash and potatoes, and tofu. Even fresh produce, like cut melon or cut tomatoes, is a feasting ground for bacteria because of the high water and nutrient content in these items.

You can help your family stay healthy by keeping perishable foods out of the Temperature Danger Zone. Make sure hot foods stay hot and cold foods stay cold – at school and at home.

Temperature danger zone



Keep Moving: Ideas for Springtime Family Movement

We know that Springtime in the Pacific Northwest means rain, rain, and more rain! But the rain doesn't have to keep us cooped up! Here are some ideas for springtime movement as a family:

- Dance party: make a family dance party playlist and show off your favorite moves after dinner!
- Plant a home garden or volunteer at the Food Bank Gardens organized by the City of Shoreline at Twin Ponds and Sunset Community Parks. More information:
<https://www.shorelinewa.gov/government/departments/parks-recreation-cultural-services/parks-and-trails/community-gardens>
 - Need inspiration for your home garden? Visit the Shoreline Area Seed Exchange (see Community Calendar)
- Participate in the Great Backyard Bird Count (<https://www.birdcount.org/>)
- Put on rain boots and a raincoat and go jumping in some puddles
- Spring clean the house together. Turn household chores into a game – and don't forget to put on the music
- Live music and indoor dancing (free and family friendly!) at Third Place Commons in Lake Forest Park every Friday/Saturday evening from 7-9pm



Mindfulness Moment: Square Breathing

Mindfulness is all about paying really close attention to what is happening right now– observing your thoughts, feelings, and sensations, in the present moment. This can help you keep calm and focused, even when things around you are stressful. There are many different ways to practice mindfulness. Here's one to try with your family:

Square Breathing:

- Get into a comfortable sitting position. You can close your eyes or keep them open.
- Count to four slowly while you inhale, then hold that inhale while you count to four again.
- Release your breath slowly as you count to four, then hold that exhale while you count to four again.
- That inhale-hold-exhale-hold breath cycle completes one "square."
- Repeat up to 10 "square" breath cycles. Notice how you feel in your body and mind.

Community Calendar: Spring and Summer 2024

Here's a sprinkling of upcoming family fun events in the Shoreline area! (Please verify event details!)

- Summer 2024 Resource Fair – learn about summer camp opportunities, February 28 from 6-730pm at the Spartan Recreation Center
- La Conner Daffodil Festival: Daily throughout March from 10am-5pm
- Central Cinema Cartoon Happy Hour, Thursdays 5-7pm
- Festival of Frogs at Brightwater Environmental Education and Community Center March 8 630-830pm
- Salmon Tank at Discovery Park, Tuesdays - Saturdays 9am - 4pm through April 27
- Junior Ecologist programs (ages 6-9) at Padilla Bay National Estuary, April 19, 10:30am
- Great Northwest Glass Quest on Camano Island and Stanwood Feb 16-25, 2024
- Blossom Bash at the Skagit County Fairgrounds, March 16 - 17, 10am-4pm
- Washington State Parks Free Day: Saturday, Mar 9, Tuesday March 19, Monday April 22, Saturday June 8, Sunday June 9, Wednesday June 19
- Tulip Parade in La Conner, April 6, 9am - 11am
- Free entrance to National Parks, Saturday April 20, Wednesday, June 19, Sunday August 4
- Energy Block Party, Everett, April 17, 11am - 2pm
- Free Comic Book Day, various locations, May 4
- Edmonds Spring Fest, May 11, 10am - 5pm
- Multi-Cultural Festival, Marysville, May 19, 1pm - 4pm
- Cruzin' to Colby Car Show, Everett, May 26 - 27,

You don't have to leave the neighborhood for fun activities this summer! Keep an eye on the City of Shoreline community event page (<https://www.shorelinewa.gov/our-city/events-meetings/calendar>) for upcoming events, such as:

- Low-Tide Beach Explorations at Richmond Beach, hosted by naturalists from the Seattle Aquarium
- Lunchtime concert series and shows
- Celebrate Shoreline Festival



On the Horizon: Injera Recipe Development

It all started with a letter.

A student at Meridian Park Elementary wrote to “Mrs. Jessica” (Shoreline School District Director of Food and Nutrition Services) requesting that school lunch be made with food from her home country of Ethiopia. Specifically, the student asked if injera could be included in the school lunch menu. Injera is a soft, spongy sourdough flatbread made from a tiny whole grain called teff.

Inspired by this student, Jessica applied for and was awarded a Plant Based School Meals grant through the Washington State Legislature. Then, the fun began: viewing dozens of YouTube injera cooking videos, ordering specialized griddles to cook the injera, purchasing bags of teff from the local East African market, and testing, testing, and more testing to produce a recipe that could work within Shoreline School District’s Central Kitchen.

Incorporating new recipes into the Central Kitchen’s repertoire is far from simple. Jessica must keep in mind federal school menu requirements, equipment availability, staff capacity, and budget limitations. All while delivering a consistent product that appeals to a wide variety of students!

Once the injera bread is perfected, it is planned for the lunch menus at Meridian Park and Edwin Pratt. We would love to hear what you think about it! Email Jessica at nutrition.services@ssd412.org.

