

Wellness Newsletter

SHORELINE PUBLIC SCHOOLS



Cafe Shoreline
Eat Well. Learn Well. Be Well.



Harvest of the Month

As discussed in the previous newsletter, Shoreline Public Schools received a farm to school grant for purchasing fresh, seasonal produce from local farms throughout the 2024-25 school year. We are partnering with Penny's Salsa and Produce, who process produce into snackable sizes (like sticks) that are easy for kids to enjoy.

Students at all 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 picks for the year:

- Red Delicious Apples
- Honeydew Melon chunks
- Chioggia Beet sticks
- Jicama sticks

Ask your student if they have sampled any of these foods at school. Continue the culinary adventure at home by adding local foods to your menu.

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Seasonal Recipe: Greek Yogurt Apple Muffins

Yield: 9 muffins

Prep Time: 20 min, Total time: 40 min

Ingredients

- 9 paper muffin liners

(Dry)

- 1 c. whole wheat white flour
- 1Tbsp. cornstarch
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt

(Wet)

- 1 large egg
- 1/2 c. plain, greek, nonfat yogurt
- 1/4 c. unsweetened apple sauce
- 1/2 tsp. vanilla extract
- 1/2 c. sugar, brown, lightly packed
- 1 c. apple, peeled, diced
- 1/2 tsp. lemon juice

(Crisp topping)

- 3Tbsp. whole wheat white flour
- 2 Tbsp. quick, dry oats
- 1/2 tsp. ground cinnamon
- 3 Tbsp. brown sugar, not packed
- 2 Tbsp. apple sauce

Directions

1. Preheat oven to 350 degrees F. Line muffin tray with 9 muffin liners
2. In a medium bowl, combine all dry ingredients
3. In a separate large bowl, mix all wet ingredients
4. Slowly add dry ingredients to blended wet ingredients.
5. Scoop batter into lined muffin tins
6. Mix crisp topping ingredients together in a small bowl.
7. Crumble crisp topping evenly on top of each muffin.
8. Bake muffins for 20 minutes. Muffins are done when a toothpick inserted in the middle comes out clean.

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 in TUSS Team Up for Smart Snacks Challenge Recipe Booklet * Child Nutrition & Wellness, Kansas State Department of Education.
<https://schoolnutrition.extension.illinois.edu/uploads/resources/breakfast-and-baked-goods-recipe-pack-601479584802e.pdf>





Ingredient Insight: Apples in the Pacific Northwest

There are over 6500 varieties of apples in the world! In the United States, we only grow a handful of them for commercial production. Here in the Pacific Northwest, we produce about 75% of the fresh apple crop in the United States. Wenatchee, Washington is known as the “Apple Capital of the World”.

There is a reason why apples are a beloved snack and ingredient by everyone, including dietitians. Apples are a good source of fiber, vitamin C and other beneficial nutrients. Apples are rich in quercetin and pectin. Quercetin is a flavonoid, a type of naturally occurring plant chemical that has antioxidant and anti-inflammatory effects. Pectin is a type of soluble fiber that may help prevent constipation and have a modest effect on lowering LDL, the “bad” cholesterol.

Some fun ways to enjoy apples:

- Enjoy a sweet/salty, crunchy/creamy combo by pairing apple slices with thin slices of cheddar cheese.
- Oven-baked apple chips: Core apple and slice very thinly. Place on a lightly greased baking sheet or parchment paper. Sprinkle with cinnamon. Bake at 225 degrees F for one hour (higher temperatures can burn the apples). Flip apple slices and bake for up to 1 hour more or until apple chips feel dry. Transfer to a cooling rack and let cool completely.

Source: <https://nutritionsource.hsph.harvard.edu/food-features/apples/>

“The Division of Responsibility” in Feeding Our Kids

Do you struggle with mealtimes at home? Do you feel like your child is a “picky” eater? You are not alone! Mealtimes are a common stressor for families. Ellyn Satter is a Registered Dietitian of over 50 years, family therapist and internationally recognized authority on feeding and eating. Years ago she created a process for feeding children called the “Division of Responsibility” which has been updated and is still widely considered the gold standard for helping children learn competent eating skills.

The basics of the Satter Division of Responsibility for toddlers through adolescents are as follows:

- The parent is responsible for “what, when, where”
- The child is responsible for “how much and whether”

Parents' feeding jobs:

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating time pleasant.
- Show children by example how to behave at family mealtime.
- Be considerate of children's lack of food experience without catering to likes and dislikes.
- Not let children have food or beverages (except for water) between meal and snack times.
- Allow children to grow into bodies that are right for them.

Children's eating jobs:

- Children will eat.
- They will eat the amount they need.
- They will learn to eat the food their parents eat.
- They will grow predictably.
- They will learn to behave well at mealtime.

Learn more about the "Division of Responsibility", the Satter approach to feeding and many more resources at

<https://www.ellynsatterinstitute.org/>

Source: <https://www.ellynsatterinstitute.org/wp-content/uploads/2015/08/ELLYN-SATTER%E2%80%99S-DIVISION-OF-RESPONSIBILITY-IN-FEEDING.pdf>



Leftovers and Food Safety

We love leftovers! Using leftovers is budget friendly and a great way to decrease food waste. With all the large meal gatherings common during the fall and winter, we all tend to have plenty. Enjoy your leftovers using these tips to make sure they are safe to eat.

Cool Food Rapidly

To prevent bacterial growth, it's important to cool food rapidly so it reaches the safe refrigerator-storage temperature of 40° F or below, as fast as possible. To do this, divide large amounts of food into smaller portions and/or shallow containers.

Wrap Leftovers Well

Cover leftovers by wrapping them in airtight packaging or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

Store Leftovers Safely

Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe, indefinitely frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

Thaw Frozen Leftovers Safely

Safe ways to thaw leftovers include the refrigerator, cold water and the microwave oven. Refrigerator thawing takes the longest but the leftovers stay safe the entire time. After thawing, the food should be used within 3 to 4 days or can be refrozen.

Reheat Leftovers Safely

When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. Covering retains moisture and ensures that food will heat all the way through.

Source: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>



Keep Moving: Ideas for Family Activities During Fall

Often, fall can have the best weather of the year in Shoreline. The air is crisp, the sun is out many of the days and the leaves are beautiful! Here are some ideas to keep the family active as the seasons change.

- Bike rides: Both the Interurban and the Burke-Gilman have miles of paved riding trails. Green Lake Park in Wallingford is a nice 3 mile loop.
- Go for an in-town forest walk.
<https://www.parentmap.com/article/city-forest-walks-seattle-and-eastside-families/2#content-top>
- Check out a pumpkin farm and walk the corn maze or play in the hay.
<https://www.parentmap.com/article/best-pumpkin-farms-seattle-tacoma>
- Head to a family friendly fall festival or do some apple picking
<https://www.parentmap.com/article/fall-festivals-seattle-families>
- If you are feeling cozy, try an online yoga class with your child. Cosmic kids has a fun lineup on YouTube.
<https://www.youtube.com/user/CosmicKidsYoga>

Community Calendar: Fall and Winter 2024/25

Here are some neighborhood and community events to check out for family fun this season!

- Neighborhood walks: Several neighborhood walks are organized and posted on the Shoreline Events Calendar. Check them out at: www.ShorelineWA.gov/ShorelineWalks
- Hamlin Halloween Haunt: Friday, October 18, 5:30pm-8:30pm
- Artists in Residence at the Blue Cottage at Richmond Beach Saltwater Park, Sundays: September 29, 12-7pm, October 6 & 13, 12-6:30pm, October 20 & 27, 12-6pm
<https://www.shorelinewa.gov/Home/Components/Calendar/Event/18925/148>
- Dia de Los Muertos Celebration: Saturday, November 2 at Spartan Recreation Center
- Veterans Day Celebration: Friday, November 11, 2pm at the Shoreline City Hall
- Holiday Craft Market: Saturday, November 23, 10am-4pm at Shoreline City Hall, lower level
- Christmas Ship Parade of Boats: Gather on a dark beach for live music broadcast to shore from decorated ships and (if you're lucky) enjoy a bonfire. Boats pass by locations all around Puget Sound, December 1-23. You can book a tour on the boat, but it's free to stand on the shore, watch the parade of ships and enjoy the music.
- Live Music at Third Place Commons: Fridays and Saturdays, 7-9pm When the end of the week arrives, let loose listening to live jams at Third Place Commons in Lake Forest Park. On Friday, October 11, turn up for piano man Mr. Skjelbred Sjel, who will shred on the ivories with his bandmates on bass, horns and drums.
- Cedar River Salmon Journey: Saturday-Sunday, October 5-6, 12-13, 19-20, and 26-27, 10:30am-3:30pm. Cheer on the spawning salmon as you spot them from five locations along the Cedar River. (Renton Library, Cedar River Park, Riverview Park, Landsburg Park and Belmondo's Reach). Learn from naturalists, who will be on hand on select weekends.
- Find more local family friendly activities on the City of Shoreline events calendar.
<https://www.shorelinewa.gov/government/departments/parks-recreation-cultural-services/events-arts-and-culture/events-calendar>



On the Horizon: Sustainable Utensils and Garbage Sorting

Did you know that Shoreline School District, as a part of its Climate Justice and Sustainability resolution, will be instituting district-wide sustainable practices? These will include composting, prioritizing durable materials and eliminating single use plastics. You will see this in practice at school cafeterias, where we are working on implementing clearer signage to help students sort waste. We are also transitioning to durable utensils and trays instead of single use items.

As a part of our waste reduction efforts, we offer a “no thank you” table for unwanted, unopened, packaged, uncontaminated food and drink items that can be reused or shared. Also, please remember that not all items need to be taken in the food lunch line. Grown ups, please help us in waste reduction efforts to remind students to try to “feed their bellies, not the trash can”.

Together we are working to create a more sustainable Shoreline for the future!



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 No recyclables, plastic-lined paper, or garbage