



Monthly Munch

Nutrition Newsletter

April 2026

April is National Garden Month

April is the perfect time to celebrate fresh foods, sustainability, and the power of plants! This month, we're highlighting National Garden Month, Earth Day, and the nutritional benefits of plant based proteins, such as black beans.

April 22 is Earth Day. This year, celebrate Earth Day by making small changes that have a big impact! Choose a reusable water bottle and lunch container, reduce food waste, recycle and compost, and eat more plant based meals.



Recipe Corner: Corn and Black Bean Salsa

Number of Servings: 48

Serving Size: ¼ cup

Ingredients:

- 1 Tbsp olive oil
- 6 cups corn
- ¼ cup chopped onions
- 1 clove minced garlic
- ½ tsp ground cumin
- ½ oz sliced jalapeno
- ½ tsp chili powder
- ¼ oz fresh cilantro
- 6 cups black beans
- ¼ oz lime juice
- ¼ tsp salt

Directions: Mix all ingredients together. Serve cold. Enjoy!

National Garden Month: Get Growing!

April is about planting seeds for healthy habits! School and home gardens are great ways to:

- Encourage kids to try new fruits and vegetables
- Teach where food comes from
- Promote outdoor activity and responsibility
- Eat more plant based foods

**NUTRI-SERVE**
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