



Volume 21 Issue 8

The Healthy Family Newsletter

A Newsletter from the Food and Nutrition Service Department
Willmar Public Schools and Community Christian Schools

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April Highlight

- April 2nd: National Peanut Butter and Jelly Day.
- April 16th: National Banana Day
- April 18th: Earth Day Celebration at Prairie Woods Environmental Learning Center, Spicer, MN
- April 22nd: Earth Day

No School Dates:

Willmar

- April 3rd

Community Christian School

- April 3rd



Check out the Breakfast and Lunch menus on your District Website



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Our Power, Our Planet

Did you know that 30–40% of the United States food supply goes to waste each year? When food is wasted, it also wastes the water, energy, and resources used to produce it. The good news is that small actions at home can make a big difference. This Earth Day, discover how your choices can help protect our planet.



Plan Meals Using What You Already Have

- Check your refrigerator, freezer, and pantry for foods that need to be used soon.
- Plan meals around ingredients already on hand.
- Make a shopping list and purchase only what you need.
- Buy perishable foods-such as fresh fruits, vegetables, dairy, meats, and seafood-in amounts you can use within a few days.

Get Creative with Leftovers

- Turn leftovers into soups, casseroles, salads, or sandwiches.
- Add leftover vegetables or cooked meats to pasta, rice, or grain bowls.
- Plan a “leftover night” each week to enjoy foods before they spoil.
- Turn soft fruits into smoothies for the family.



Simple Ways to Reduce Food Waste Every Day

- Serve smaller portions and take seconds if still hungry.
- Choose smaller portions when dining out.
- Freeze extra foods to use later.
- Donate safe, unopened foods to your local food pantry.
- Compost food scraps when possible.

Every small step helps conserve resources and protects our environment. When we reduce food waste, we use our power to care for our planet.

Prairie Woods Environmental Learning Center – Education Building

Earth Day Celebration

Date: Saturday, April 18, 2026; 12:00–4:00 PM

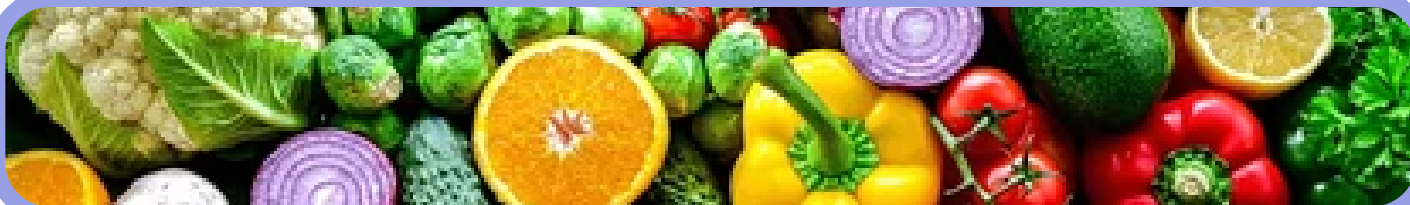
Free: All ages welcome

Celebrate Earth Day with outdoor fun, hands-on learning, and nature exploration for the whole family while discovering ways to connect with and protect our environment.

Activities include:

- Interactive exhibits and environmental education
- Nature Preschool & Playscape exploration
- Family-friendly activities and guided learning opportunities
- Special presentation from the Science Museum of Minnesota





2025-2026 Meal Prices:

Willmar

	Breakfast	Lunch
PK-12th	Free	Free
Adult	\$2.50	\$5.05
Milk	\$0.65	\$0.65

Community Christian School

	Breakfast	Lunch
PK-12th	Free	Free
Adult	\$2.60	\$5.15
Milk	\$0.65	\$0.65



Food Safety Tips

- Separate raw meats, poultry, seafood and ready-to-eat food.
- Refrigerate or freeze food to help prevent bacteria from growing.
- Wash hands before, during, and after preparing food.
- Use separate cutting boards for raw meats and produce.

Lazy Lasagna - One Pan Meal

Yield 6 Servings

Ingredients:

- 1 lb. ground beef
- 1 medium onion, diced
- 1 tsp olive oil
- ¼ tsp garlic powder
- ½ tsp ground pepper
- 24 oz jar of marinara sauce
- 8 lasagna noodles
- ½ cup ricotta cheese
- 2 oz shredded mozzarella cheese
- 2 oz parmesan cheese
- ½ cup of water
- Fresh parsley chopped (optional garnish)



Directions

1. Heat a large skillet over medium-high heat. Add olive oil and onion; cook until softened, about 3–4 minutes.
2. Add the ground beef and cook until browned and crumbly, about 5–8 minutes. Drain excess grease from the skillet.
3. Pour in half of the jar of marinara sauce and stir to combine with the meat mixture.
4. Break each lasagna noodle into 4-5 pieces. Gently wedge the noodle pieces down into the meat and sauce mixture, making sure they are mostly covered with sauce.
5. Pour the remaining marinara sauce over the mixture and stir gently to ensure the noodles are coated.
6. Add ½ cup water to the empty marinara sauce jar, cover, and shake. Pour over the mixture and stir lightly.
7. Cover and reduce heat to medium-low. Cook for 20-25 minutes, or until the noodles are tender, stirring occasionally to prevent sticking and to keep the noodles submerged in sauce.
8. In a small bowl, combine ricotta cheese, garlic powder, and pepper. Stir until smooth.
9. Dollop the ricotta mixture over the cooked noodle and meat mixture. Sprinkle mozzarella and Parmesan cheese evenly over the top.
10. Cover and let sit for about 5 minutes, or until the cheese is melted.
11. Garnish with fresh chopped parsley, if desired. Serve and enjoy!

Earth Day Challenge - Grow Your Own Food

Did you know you can regrow food from items you already have at home? Try this fun Earth Day challenge and watch your food come back to life!

How it works:

- Cut off the bottom 2 inches of a celery bunch.
- Place the base in a shallow bowl of water.
- Put it in a sunny spot.
- Change the water every few days.
- Watch new leaves grow from the center! Once roots form, plant it in soil.

