

# Healthy Huskies



April 2018

## Hillside Elementary Annual Fruit Vote And

the winner is...Mangos!!

To celebrate National Nutrition Month the PTA sponsored the annual Fruit vote. Students sampled strawberries, oranges, blueberries, green grapes and mangos and then voted for their favorites. Special thanks to Mrs. Dzama and all of the parent volunteers who took the time on Friday morning to prepare all the fruit and bonus that it provided all the students with a healthy snack for the day!

*Tasty  
Tongue  
Twister:*

Barry's  
blueberry  
baklava  
beat Bob's  
blackberry  
bundt at the  
bake off.



## Information Update

### *Tasty Tongue Twister:*

Sly Sam  
sips  
Sally's  
soup as  
she  
smiles  
shyly

The Livingston Board of Education has put out a **Request For Proposals** for a new food service provider contract for all Livingston Public Schools. The RFP was advertised in last week's paper and sent to a few companies who have requested a copy and may be passed on to any interested vendors. Here is the link:

[Food Management RFP.pdf](#)

The Board has also formed a committee to update the Livingston Wellness Policy. This will be the minimum standard that food service providers will have to adhere to but are able to exceed.

They are also planning on incorporating a weekly option of healthier choices including organic options as a trial. The new proposed policy, #8505, will be discussed at the April 2 LBOE meeting and will be placed for a first reading on the April 23 LBOE meeting. Parents are encouraged to attend the meeting for further updates.

## Parent Tip of the Month

### *Tasty Tongue Twister:*

Pete  
pickled  
purple  
peppers  
and pureed  
a pint of  
peas.

### **Tasty ways to add more fruits and vegetables to your family's diet:**

- Add sliced bananas or blueberries to morning cereal
- Offer a fruit smoothie for breakfast, lunch, or even as dessert
- Request fruits and vegetables with our favorite foods, such as topping pancakes with strawberries or pizza with broccoli
- Add slices of tomato and cucumber as well as lettuce or sprouts to sandwiches. Or, swap mayo and mustard with pureed hummus or pesto
- Add peas or carrots to tomato sauce and serve it over whole grain pasta

## Shoprite Store Tours!

Shoprite Dietitian Elle Bernardo has generously offered to set up tours for small groups of parents. She will point out nutrient dense food options and secret healthy gems throughout the aisles. It will also be a great opportunity to ask questions about the best ways to incorporate more healthy foods in your kids diets.

Please e-mail Mindy Robinson at [mindyrnyc@yahoo.com](mailto:mindyrnyc@yahoo.com) if you would be interested and we will set up some dates.

# Student Council Recipe of the Month

*Tasty  
Tongue  
Twister:*

Fred fried  
fresh fish  
for  
Friday's  
food finale

## Watermelon Salad



Recipe courtesy of The Neelys

### Ingredients

2 tablespoons white wine vinegar  
1 lime, zested and juiced  
1/4 cup extra-virgin olive oil  
1 red onion, thinly sliced  
4 cups seeded watermelon chunks  
1 cup crumbled feta cheese  
1/4 cup mint chiffonade  
2 cups baby arugula

Total: 20 min  
Prep: 10 min  
Inactive: 10 min  
Yield: 4 to 6 servings  
Level: Easy

### Directions

Add the white wine vinegar, lime zest and juice to a small bowl. Whisk in the olive oil and season with salt and pepper. Add the thinly sliced red onion and let marinate for 5 to 10 minutes as you prepare the rest of the salad.

Add the watermelon, feta, mint, and arugula to a large bowl. Toss with the vinaigrette and serve immediately after dressing.

### Watermelon Salad

[Hillsideschoolpta.com](http://Hillsideschoolpta.com)