

Healthy Huskies



March 2018

Q: What did the apple skin say to the apple?

A: I've got you covered

Hillside Elementary PTA has a new Nutrition Committee!

Welcome to the first issue of the Hillside Elementary Nutrition newsletter. Keeping parents informed is just one of the items on the agenda for the newly formed PTA Nutrition committee. We are working with the food service provider Aramark to improve the nutritional offerings. Also we are starting a monthly lunchtime Healthy Education Activity for the students - the first one was on Wednesday was a huge success thanks to Elle Bernardo, the Dietician from Shoprite! As we get going we will let you know what else we are working on and appreciate your feedback.



Information Update

New Menu items and Design! We have worked with Aramark to improve the menu to include:

- Better descriptions of items offered
- Font is easier to read
- List and pricing of snack items
- Added carrot sticks, celery sticks and/or cucumber coins with dip
- Veggie wraps available upon request
- More fresh fruit options - expanded from apple slices and carrots to grapes and mandarin oranges.
- We are continuing to work to add some healthier snack and lunch options as well

Q: Why aren't bananas ever lonely?

A: Because they come in bunches

| Energy | | | | | March 2018 | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|---|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| MONDAY | | | | | TUESDAY | | | | | WEDNESDAY | | | | | THURSDAY | | | | | FRIDAY | | | | | | | | | |
| | | | | | Fresh Carrot sticks, celery sticks and/or cucumber coins with dip available daily | | | | | 1 Baked Chicken Nuggets Served With Baked French Fries | | | | | 2 Chicken Quesadilla Served With Baked Chips & Salsa | | | | | Daily Cold Choices Monday-Turkey Sandwich Tuesday- Plain Bagel w/ Butter or Cream Cheese, yogurt cup & RF Cheese Stick Wednesday- Tuna Sandwich Thursday -Grilled Chicken Wrap Friday- Turkey Sandwich | | | | | | | | | |
| 5 Pasta w/ Meatballs Served With Veggies and Dinner Roll | | | | | 6 Pizza Day! Cheese Pizza Served with Baby Carrots & Ranch | | | | | 7 PARENT TEACHER CONFERENCE | | | | | 8 PARENT TEACHER CONFERENCE | | | | | 9 PARENT TEACHER CONFERENCE | | | | | | | | | |
| 12 Hamburger or Cheeseburger Served on Whole Grain Bun w/ Baked French Fries | | | | | 13 Whole Grain Waffles Served With Chicken Sausage | | | | | 14 Pizza Day! Cheese Pizza Served With Baby Carrots and Ranch | | | | | 15 Baked Chicken Nuggets Served With Buttered Noodles | | | | | 16 All Beef Hotdog Served on Whole Grain Bun & Baked French Fries | | | | | Garden salads with or without grilled chicken & Veggie Wraps (Available upon Request) | | | | |
| 19 Pasta and Meatballs Served With Veggies and Dinner Roll | | | | | 20 Whole Grain Pancakes Served With Chicken Sausage | | | | | 21 Pizza Day! Cheese Pizza Served With Baby Carrots and Ranch | | | | | 22 Chicken Taco Bowl Diced Chicken, Rice, Black Beans Cheddar Cheese | | | | | 23 Homemade Mac and Cheese Served With Veggies | | | | | A la Carte Pricing Bottled Water 8 oz. \$0.85 Milk or Apple Juice \$.75 Assorted Chips \$1.25 Whole Grain Cookie \$1.50 Yogurt Cups or Fruit Cup \$1.00 RF Cheese Stick \$1.50 | | | | |
| 26 SPRING BREAK | | | | | 27 SPRING BREAK | | | | | 28 SPRING BREAK | | | | | 29 SPRING BREAK | | | | | 30 SPRING BREAK | | | | | | | | | |

Hillside Elementary School



Special News...

Please visit us online at www.hillston.com and select Food Services on your schools homepage!! For questions, comments, or concerns, please contact Michael Fassbender at 973-535-8000 Ext. 8051 or E-mail at fassbender-michael@aramark.com

Menus are subject to change without notice.



Parent Tip of the Month

Q: What fruit always travels in groups of twos?

A: Pears

10 tips
Nutrition
Education Series

be a healthy
role model for children

10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example
Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together
Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen
Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone
Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food
Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

Recipe of the Month

We are so excited to have the help and participation of the Hillside Student Council who will be providing a Healthy Recipe every month for our newsletter. As winter break ends, this first one will put us in the mood for summer! Phoebe Lui, our Student Council Vice President, has also created a video demonstration - [Aloha Smoothie Video](#)

Q: What does corn say when it is picked?

A: Ouch! My ears.

Aloha Smoothie recipe

This Aloha Pineapple Smoothie has just 6 simple ingredients- pineapple, strawberries, banana, yogurt, ice, and juice. Tropical goodness in every sip!

Author: Garnish & Glaze
Recipe type: Drink/Dessert
Serves: 2

Ingredients

- 1 cup pineapple, cubed
- 1 cup strawberries, quartered
- 1 banana, sliced
- 1 cup low-fat vanilla Greek yogurt
- 1½ cups ice
- ½ cup pineapple or apple juice



Instructions

1. Place all ingredients in the blender and puree until smooth.

Notes

*If you use frozen fruit you can omit the ice if desired and you might need to add more juice to achieve a desired consistency.

Recipe by Lili Luna at <https://lilluna.com/aloha-tropical-smoothie/>



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