

# Healthy Huskies



May 2018

## Lunchtime “My Plate” Contest

### Fun Food Fact:

Honey never expires so don't worry about tossing it when cleaning out your food pantry. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found edible. Even Alexander the Great's remains were preserved in a huge crock pot of honey!

We continued our monthly lunchtime Healthy Education Activity program on April 24<sup>th</sup>. Once again Shoprite Dietician Elle Bonardo was amazing in putting together a review of the My Plate criteria with a contest to see which groups of kids could put together the healthiest plate. Lots of fun (and learning) was had by all!



# Information Update

## Fun Food Fact:

Avocado, eggplant, cucumber, tomatoes, squash, peppers, okra, olives, pumpkins are technically fruits.

According to botanists, a fruit is the part of the plant that develops from a flower. It's also the section of the plant that contains the seeds. The other parts of plants are considered vegetables.

The Requests for Proposals for a new Food Service Provider Contract for the district have been received and I have been told by Steve Robinson, the District Business Administrator, that he will be reviewing them and making a recommendation to the Board who will then vote on it.

Any questions can be directed here:  
<https://www.livingston.org/domain/18>

The Board approved the Livingston Wellness Policy. Here is a link to the full policy:

[Livingston Wellness Policy](#)

# Parent Tip of the Month

## Fun Food Fact:

The most nutritious tomatoes in the supermarket are actually canned! Canned tomatoes are the richest source of lycopene. Content is enhanced due to the heat from the cooking process, and they also have the most flavor. (Note: Aim for glass jarred tomatoes vs canned if possible!)

## Whole Wheat vs. White

Everyone has heard that whole wheat is better than white but trying to understand why seems complicated so our fantastic Shoprite Dietitian Elle helped put together this quick outline:

### 1) Whole grains take longer to digest

This means you feel full and satisfied longer so helps with weight management

### 2) Whole grains contain the part of the wheat that has nutritional value

So it is a good source of fiber, B vitamins, magnesium, antioxidants, and zinc and not just empty calories

### 3) Whole grains have been shown to decrease the risk of chronic disease

Sometimes it's hard to know which foods are really "whole grains." The best way is to look for the whole grain stamp. If the product doesn't have the stamp, look at the ingredient list. If the first ingredient is one of the following it is most likely a whole grain food:

- |                                   |                  |
|-----------------------------------|------------------|
| -whole wheat or whole grain wheat | -bulgur          |
| -whole grain barley               | -brown rice      |
| -whole grain corn                 | -wild rice       |
| -whole grain buckwheat            | -whole grain rye |
| -whole grain amaranth             | -wheatberries    |
| -whole kamut grain                | -popcorn         |
| -oatmeal or whole oat             | -whole grain rye |

Foods that say "multigrain" or "high fiber" or brown in color may not be a whole-grain product.



# Student Council Recipe of the Month

## 3-INGREDIENT CHERRY WATERMELON SORBET

*A simple but healthy alternative to ice cream!*

### Fun Food Fact:

Chopping, mashing, or slicing fresh garlic and letting it rest for 10 minutes prior to using will enhance the healing properties of garlic. These properties were recognized and used to help bandage wounds in the civil war and played a major component to the health of one's army.

### INGREDIENTS

- 3 cups watermelon, frozen
  - 1 cup cherries, pitted and frozen
  - 1-2 tablespoons coconut sugar (optional)
  - 1/4 – 1/2 cup water
1. In a food processor or high-speed blender, add watermelon, cherries, coconut sugar (if using), and 1/4 cup water. Start blending to break up the frozen chunks, slowly adding more water until it reaches your desired consistency.
  2. Serve immediately, or store in an airtight container in the freezer. Remove from the freezer about 10 minutes before serving.

