

A message from NUTRITIONAL DEVELOPMENT SERVICES

4/6/2022

Greetings from Nutritional Development Services!

All of us at NDS hope you are happy and healthy. We are emailing you today to let you know that NDS will have free meals available to serve to children again this summer!

As a site that served meals through our sponsorship in the past, we are reaching out to see if you are interested in servings meals to children this summer.

- We have breakfast and lunch available for in person summer camps and learning programs. Meals are delivered ready to eat, no cooking required!

There is some paperwork required. All training will be virtual. See the flyer below!

Please call the office if you are interested in signing up and to discuss any other details related to your needs!

We look forward to your partnership,

Your Partners in Good Health at NDS!

215-895-3470, option 1



FREE

SUMMER MEALS

PROGRAM FOR CHILDREN



BREAKFAST and LUNCH available for your summer camps and learning programs at no cost to you! Available for children 18 and under.

**JUNE
21ST
-
AUGUST
26TH**

**VIRTUAL
TRAINING
OFFERED!**



**FRESH &
NUTRITIOUS
MEALS!**



PARTNER WITH NDS TO SERVE FREE HEALTHY MEALS TO KIDS & TEENS IN YOUR COMMUNITY!

Call to sign up! [\(215\)-895-3470, option 1](tel:(215)895-3470)

NUTRITIONAL DEVELOPMENT SERVICES

ARCHDIOCESE OF PHILADELPHIA

4/13/2022

Greetings from NDS!

Today's Wellness Wednesday topic focuses on the April Harvest of the Month

Produce: **Dark Leafy Greens!**

Did you know, dark leafy greens are an excellent source of nutrients including vitamin A and C, antioxidants, fiber, folate, vitamin K, magnesium, calcium, iron and potassium. These nutrients provide a wide variety of functions in the body, including promoting good vision, supporting immune function, activating antioxidants that may help prevent certain cancers, and regulating blood pressure, blood sugar and blood cholesterol. There is a large variety of leafy greens including collards, mustards greens, turnip greens, chard, spinach & kale. Eating dark leafy greens is vital to a healthy, balanced diet.

Try these tips for enhancing the flavor of different varieties of leafy greens to make them even more delicious!

- Overcome the bitterness of collard and mustard greens by braising them at a low temperature for an extended period of time, and adding a pinch of sugar at the end of cooking. Remove the tough stems to reduce cooking time and avoid over-cooked greens.
- For kale, be sure to choose the right variety. Tougher curly kale is best for adding to soups or stews or for braising. Tender lacinato and baby kale are best in salads.
- Preserve nutrients by sautéing greens, rather than boiling. Sauté blanched greens with olive oil, onion and garlic to add flavor. Add chopped nuts for additional **heart-healthy fats**. Sprinkle lemon zest over the sautéed greens to brighten the flavor. Do not use lemon juice, as it will turn the leaves brown.
- Make a salad with tender greens such as spinach or baby kale. To expose kids to dark greens, try tossing together a salad made half with familiar lettuce and half with a new dark green one. Add a citrus-based dressing, which will help balance the strong flavor of the greens and aid in the absorption of iron found in the greens.

The Free Library of Philadelphia has a YouTube channel with videos from their Nourishing Literacy program. Check out this one about Leafy Greens called: [We Are Green Machines!](#)



4/20/2022

Greetings from NDS!

Today's Wellness Wednesday topic is a reminder to utilize the

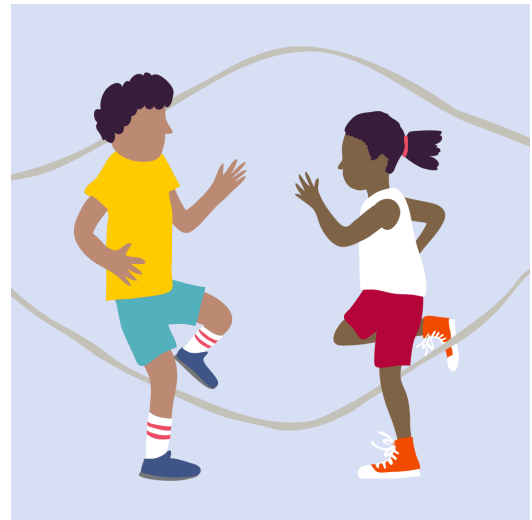
NDS Wellness Tracker.

As your sponsor for the National School Lunch Program, the final rule on Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010 requires us to keep track of school-based activities to promote student wellness. To collect this information, we have created a very simple [Google form](#) for schools to use anytime they host a one-time event or record activities that occur regularly throughout the year.

What type of events should schools report?

Anything that promotes health and encourages healthy behaviors among students, families, and communities. Some examples include:

- Walkathon/Race for Education
- Before or after school enrichment activities like a cooking club, Zumba class, yoga, or alternative sports
- Food drive
- Health and wellness family fun night
- Field Day
- Bike safety night
- Introduction to CPR or other emergency training
- Intramural or club sports
- Any semester or yearlong theme that promotes mindfulness, health and safety, etc.
- Daily "brain breaks"



Please share the good work your school is providing students and families by using [this form](#). If you'd like to share pictures of your event, please send them to [Anne Marchesano](#), MPH. We would be happy to share them on our social media outlets!

Yours in Good Health –

Team NDS

4/27/2022

Greetings from NDS!

Today's Wellness Wednesday topic focuses on
fun screen-free activities for families and children!

There are so many things that adults, and children alike, have forgotten are fun. National Screen-Free Week helps us remember what those things are. And while it is nearly impossible to put down our phones and devices for an entire week– since we count on them for news, communicating with family, and many other important tasks– we could all benefit from a little break from time to time.

Nemours Children's Health has information about [screen time recommendations](#) – be sure to check out the Helpful Tips & Resources section.

Fairplay sponsors a "Screen Free Week" campaign around this time every year. On their website includes some ideas that might trigger happy memories for you and perhaps can be incorporated into our busy techie lifestyles.

[101 Screen Free Activities](#)

