

A message from NUTRITIONAL DEVELOPMENT SERVICES

8/31/2022

Greetings from NDS!

This week's Wellness Wednesday focuses on the School Breakfast Program:

Back to School Breakfast

As summer comes to an end, it is time to start preparing for back to school. Ensuring you have a healthy balanced breakfast will help ease the transition. Eating breakfast is important for children as it energizes them and prepares them for learning. Benefits of eating a healthy breakfast include more energy, improved concentration, better grades, and maintaining a healthy weight. A balanced breakfast includes whole grains, protein or dairy, and a fruit or vegetable.

Use the return of the school as a time to promote and encourage students to participate in the National School Breakfast Program. This year, NDS will be offering new breakfast items, hot items, and breakfast kits. Each breakfast meal consists of whole grains, fruits and/or vegetables, and milk. If you have any questions or concerns about your breakfast program please reach out to NDS.



A message from NUTRITIONAL DEVELOPMENT SERVICES

9/7/2022

Greetings from NDS! Today's Wellness Wednesday topic is:

National Food Safety Education Month

September is National Food Safety Education Month!

Use this month to freshen up on food safety and educate others about preventing food poisoning. Did you know, there is an estimated 48 million cases of foodborne illness annually, that's about 1 in 6 Americans each year!

As you prepare and handle food, follow these four steps to help prevent foodborne illness, also known as food poisoning:

- **Clean:** Wash your hands, utensils, and surfaces often when you cook.
- **Separate:** Raw meat, chicken, turkey, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- **Cook:** Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs
- **Chill:** Refrigerate perishable foods (foods likely to spoil or go bad quickly) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures about 90 degrees.

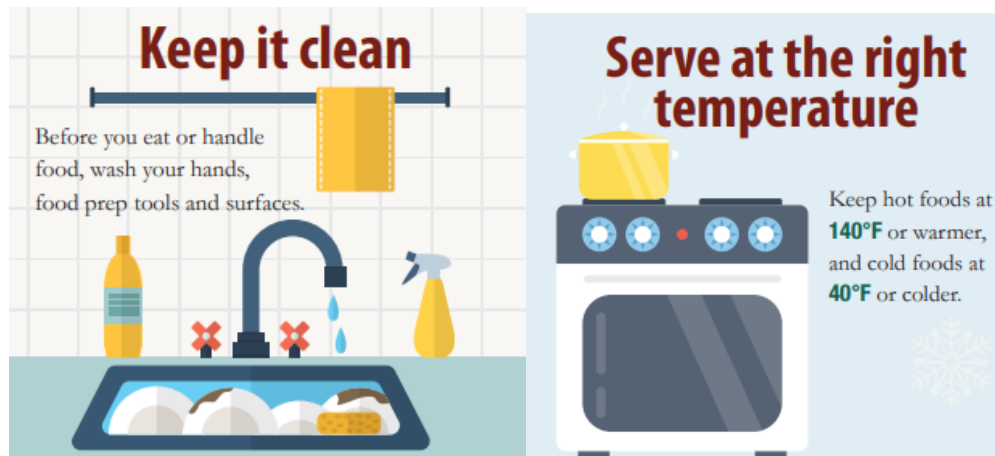
As school meals staff, use the [HACCP checklist](#) once a month to make sure your kitchen and habits support food safety and the health of the children you serve.

Other Food Safety Resources:

[Fast Facts About Food Poisoning](#)

[Foods That Can Cause Food Poisoning](#)

[List of Safe Minimum Internal Temperatures](#)



A message from NUTRITIONAL DEVELOPMENT SERVICES

9/14/2022

Greetings from NDS!

Today's Wellness Wednesday Topic is:

PA Harvest of the Month

Pennsylvania Harvest of the Month, is a program developed by the Pennsylvania Department of Education and Project PA (Penn State University) to promote a local agricultural produce each month through schools, child and adult care center/day care centers, and summer feeding sites. A Pennsylvania-grown/produced agricultural product is highlighted each month. The goal of the program is to provide participants with local, healthy products while supporting Pennsylvania farmers and producers.

Harvest of the month for September- Peppers

Did you know peppers are botanically a fruit, but are recognized in the culinary world as a vegetable? Peppers are tender, warm-season vegetables that can be classified into two groups, bell peppers which are mild and sweet tasting, and chili which are hot and pungent. Bell peppers come in a wide variety of colors such as green, red, yellow, orange, purple, brown and black. The green bell pepper is actually a pepper that has not fully ripened and will not continue to ripen after picking. Chili peppers range in color from green to deep red to almost black. The color of a pepper is not a sign of the heat/flavor of the pepper.

Peppers are a great source of vitamin C, which plays an important role in the body's healing process and may play a role in guarding against heart disease and cancer. Red peppers are a good source of vitamin A, which is important for eye health and immune function. When selecting peppers, look for ones that are firm, smooth skinned, with even shaped and color without blemishes. For chili peppers, choose peppers that are brightly colored and firm. Avoid peppers that are soft, wrinkled, or bruised. The first signs of mildew will appear at the stem and bottom of the pepper.

Peppers are great served raw by themselves or on top of salads. They can also be used as a pizza topping or be added to dishes such as pasta primavera, soups, stews, chili, and chicken or tuna salad.

For some family friendly recipe ideas, click [here](#).



A message from NUTRITIONAL DEVELOPMENT SERVICES

9/21/2022

Greetings from NDS!

Today's Wellness Wednesday topic is:

World School Milk Day

Wednesday, September 28th is World School Milk Day! The first World School Milk Day was celebrated in September 2000, and has since then become an annual event celebrated around the world on the last Wednesday of September. The purpose of this day is to create awareness and highlight milk and the school foodservice programs that offer milk such as National School Breakfast Program, National School Lunch Program, and the Special Milk Program along with the health benefits of milk.

Milk is an excellent source of calcium, which helps keeps bones and teeth healthy and strong. Milk is also an excellent source of protein, which is a source of energy, and vitamin D. Other health benefits include keeping blood pressures levels normal, reducing the risk of cardiovascular disease, and helping keep you hydrated.

How can you participate?

- Promote your school breakfast and lunch program and encourage students to choose milk as part of their meal
- Share and make fun recipes that contain milk or dairy
- Learn more about the health benefits of milk
- Share pictures of milk mustaches on social media and promote milk in your school meals programs.

For additional resources and information, visit <https://www.americandairy.com>. The American Dairy Association North East represents nearly 10,000 dairy farm families in Delaware, Maryland, New Jersey, New York, Pennsylvania and northern Virginia.



A message from NUTRITIONAL DEVELOPMENT SERVICES

9/28/2022

Greetings from NDS!

Today's Wellness Wednesday topic is:



Fruits & Veggies- More Matters Month

September is Fruits & Veggies- More Matters Month, which highlights the benefits of eating a healthy, balanced diet that includes lots of fruits and vegetables. Fruits and vegetables can help lower the risk of many health problems such as heart disease, type 2 diabetes, obesity, high blood pressure, and some types of cancer. Make sure to include a variety of fruits and vegetables in your diet to get the maximum health benefits. This month, spread the word about the importance of healthy eating, and encourage your school, family, and community to get involved!

7 tips to get more fruits & veggies in your life

1. Try a new veggie recipe — or try your go to recipe with a new vegetable.
2. Keep a bowl of fruit handy where the entire family can see it.
3. Cut up fruits and veggies to grab and eat on the go.
4. Try pre-cut packages of fruit and veggies for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.
5. Sauté veggies with olive oil and add your favorite spices. Dunk them in your favorite dressing, hummus or low-fat dip.
6. Throw baby carrots or grapes into a bag and take them with you for an easy snack on the go. The tiny versions of most vegetables actually tend to be sweeter and have more flavor in each bite.
7. Whether it's strawberry-banana, green tea and blueberry, or a fruit and veggie mix, smoothies are an easy way to drink up your fruit and veggie servings.



Visit the [American Heart Association's webpage](#) for information about how to “Add Color” to your daily habits.

The School Lunch Program supports this healthy habit by requiring that a variety of vegetables are offered each week.



American Heart Association.
Healthy for Good™

BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarbs
strawberries
tomatoes
watermelons



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem artichokes
mushrooms
onions
potatoes
parsnips
shallots

EAT SMART **MOVE MORE** **BE WELL**

heart.org/HealthyForGood

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