

April 2019

Student Nutrition Newsletter

April showers bring Mayflowers! Spring is here, although April did bring some more yucky weather! We are excited for the warmer weather to come and to get outside more and more to enjoy the beautiful sunshine! We hope everyone had an enjoyable long weekend and made some memories with their loved ones over the Easter holiday!



We would like to remind everyone again to please be sure to follow our Facebook page and give us a "like"! Our social media page is used to highlight what our schools are up to, and provide you with any important information. We encourage you to share with us what your school and students are doing to contribute to your Student Nutrition Program. We love hearing all of your wonderful stories, and it's even better when schools share their pictures with us!

Thank You!

We would like to thank all of our schools who participated in The Great Big Crunch! It was such a success, and we loved seeing all of the photos and videos that were submitted. The students really benefit from learning about proper nutrition and being involved in events that highlight the importance of supporting local and nourishing their bodies with healthy snack options!

We are looking forward to participating again next year! We hope more and more of our schools will join in on the fun and make their big CRUNCH!



Healthy Make-Ahead Egg Muffins

These nutrient dense egg muffins are a great make-ahead breakfast that are packed with protein and can be loaded with veggies! They are easy to make and can be frozen to use for another time!

Ingredients:

- 1 tablespoon olive oil
- 1 cup red pepper chopped
- 1 cup green pepper chopped
- 1 cup yellow onion chopped
- 2 cups baby spinach chopped
- 1 cup mushrooms chopped
- 2 cloves garlic minced
- 4 whole eggs
- 4 egg whites

Preheat oven to 350 degrees F. Grease a standard non stick 12-slot muffin pan with cooking spray and set aside. Heat a large non stick skillet over medium heat. Once hot, add in oil, red pepper, green pepper, and onion. Saute 5-7 minutes, or until peppers are tender. Add in spinach and mushrooms and cook for an additional 2 minutes. In the last 30 seconds, add in minced garlic. Once sauteed, remove from heat and set aside. Crack eggs/egg whites into a large bowl and whisk together. Stir in cooked

veggies. Pour the mixture evenly into the prepared muffin pan. Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked.



Nutrient Spotlight: Kiwi

Kiwi is a tiny fruit that packs a lot of nutritional benefits. On the outside, it's a small, oval-shaped fruit with a furry brown skin, about the size of a hen-egg. But inside is a sweet, bright-green vitamin-rich powerhouse. Kiwi is an excellent source of vitamin C, a water-soluble vitamin, proven to boost the immune system, and aid in wound healing. One kiwi contains about as much vitamin C as six ounces of orange juice. Kiwis are also a good source of potassium, containing more than a banana!



Nutrition 4 Kids Holy Cross Catholic School

Holy Cross Catholic School in Kemptville hosted a fun afternoon of smoothie workshops. The kids gathered in the gym and had a taste of the fruit smoothies while learning about the nutritional goodness that's in them. Students and teachers alike always enjoy having Ted come in and spend time with the kids.

Food for Learning Our Lady of Lourdes

"The breakfast club is a great place to start your day. Sometimes you are running late or you just don't have the time in your schedule for breakfast. The breakfast club is a great place for those kids who missed out on breakfast or are still hungry. Every while they switch it up with different foods. When you go inside the breakfast club you get greeted by a bunch of friendly faces which makes the room feel more comforting and positive. The breakfast club is a great place to get the nutrition you need to start your day feeling energized." -Samantha



Healthy Eating for Better Learning Bridgewood Public School

Bridgewood Public School in Cornwall has been making maple syrup for 2 years at their new school. From their very own trees!

This annual event is due to the time, energy, equipment and generosity of the father of one of our own teachers, Mr. Vingerhoeds; we call our



maple syrup maker Grandpa V. He donates 2 weeks of his time, each spring, to tap the trees, and boil the sap into delicious maple syrup. The students help daily to empty the sap from the buckets attached to the trees. Grandpa V, you are the best! Thank you!



Staff Showcase

Kelly has been involved with student nutrition programming for ten years as a site coordinator, Community Development Coordinator and now as the Food and Logistics coordinator for all regions overseen by our agency. Like our entire team, her commitment to developing community partnerships helps create lasting relationships between students and local producers. With a background in the environmental sciences, Kelly considers student nutrition to be an ideal platform to reinforce links between healthy eating, better learning and a stronger sense of responsibility for the well-being of our community.

Visit our website



Give us a "like"