

# Nutrition News

March 2022



## Stay Healthy Every Day!

- Eat **5** or more fruits and vegetables
- Limit screen time to **2** hours or less
- Exercise or play **1** or hour or more
- Choose **0** sugary drinks



**This month we will learn about peppers and tomatoes.** Our Maywood and Lily sites have garden carts and will be starting tomato and pepper plants from seeds.

### Tomatoes

- Tomatoes are in the fruit family, but they are served and prepared as a vegetable.
- Tomatoes grow on the vine part of the plant.

### Peppers

- Bell peppers are vegetables.
- Bell peppers come in a rainbow of colors. Green bell peppers are unripe bell peppers. Red, yellow and orange bell peppers are ripe peppers that taste sweeter than green bell peppers.

### Make your own tomato sauce!

#### All you need:

- 1 clove garlic (minced)
- 1 tablespoon olive oil
- 28 oz can whole peeled tomatoes
- 1 1/2 teaspoons oregano (optional)
- 1 teaspoon basil (optional)
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1 finely chopped bell pepper (optional)



**All you do:** Combine all ingredients together in a bowl. Let your child help with the recipe by squishing the tomatoes in the bowl with their hands (make sure to wash hands first). After ingredients are combined, add to stove top and simmer for 10 minutes. Serve with noodles and ground hamburger or turkey!

## MARCH IS IRISH-AMERICAN HERITAGE MONTH



Bangers and Mash is a traditional British and Irish dish consisting of sausages with mashed potatoes. Have fun celebrating Irish-American Heritage Month with this easy recipe:

### Elaine's Green-Mash Potatoes

Serves 8



#### All you need:

- 7 potatoes (medium size, about 1 cup each)
- 1 cup skim milk (divided)
- 2 garlic cloves (peeled)
- 1 cup frozen peas
- 2 tablespoons soft (tub) margarine
- 1/8 teaspoon white pepper (optional)
- 1/4 teaspoon Kosher salt

#### All you do:

1. Simmer peeled, diced potatoes for about 10 minutes until soft when pierced with a fork.
2. Cook 1 cup peas in microwave for about 3 minutes; drain and reserve.
3. Heat milk until hot. Add garlic cloves to milk and let stand for 5 minutes.
4. Puree peas, 1/4 cup milk and garlic cloves using a blender.
5. Drain potatoes and begin to mash.
6. Slowly add 3/4 cup milk while mashing.
7. Blend in the pureed peas and garlic, margarine and white pepper (optional) to the mashed potatoes.
8. Place mashed potatoes in a serving dish and keep warm.
9. Just before serving, lightly sprinkle Kosher salt on top of potatoes.

Source: [USDA Center for Nutrition Policy and Promotion](https://www.ams.usda.gov/center-for-nutrition-policy-and-promotion)

# March 2022 Family Meal Tracker for In-Kind Credit

**RULES FOR CREDIT: EAT TOGETHER—TURN OFF TV—SIT AROUND TABLE TOGETHER—PASS FOOD FAMILY STYLE—HAVE MEAL CONVERSATIONS**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 Meals Eaten Together (circle): <b>B L D</b>	2 Meals Eaten Together (circle): <b>B L D</b>	3 Meals Eaten Together (circle): <b>B L D</b>	4 Meals Eaten Together (circle): <b>B L D</b>	5 Meals Eaten Together (circle): <b>B L D</b>	6 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
7 Meals Eaten Together (circle): <b>B L D</b>	8 Meals Eaten Together (circle): <b>B L D</b>	9 Meals Eaten Together (circle): <b>B L D</b>	10 Meals Eaten Together (circle): <b>B L D</b>	11 Meals Eaten Together (circle): <b>B L D</b>	12 Meals Eaten Together (circle): <b>B L D</b>	13 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
14 Meals Eaten Together (circle): <b>B L D</b>	15 Meals Eaten Together (circle): <b>B L D</b>	16 Meals Eaten Together (circle): <b>B L D</b>	17 Meals Eaten Together (circle): <b>B L D</b>	18 Meals Eaten Together (circle): <b>B L D</b>	19 Meals Eaten Together (circle): <b>B L D</b>	20 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
21 Meals Eaten Together (circle): <b>B L D</b>	22 Meals Eaten Together (circle): <b>B L D</b>	23 Meals Eaten Together (circle): <b>B L D</b>	24 Meals Eaten Together (circle): <b>B L D</b>	25 Meals Eaten Together (circle): <b>B L D</b>	26 Meals Eaten Together (circle): <b>B L D</b>	27 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
28 Meals Eaten Together (circle): <b>B L D</b>	29 Meals Eaten Together (circle): <b>B L D</b>	30 Meals Eaten Together (circle): <b>B L D</b>	31 Meals Eaten Together (circle): <b>B L D</b>				<b>Total Meals for Week:</b>

**Child Name:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Staff Signature:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_

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# March 2022 Menu - Maywood and Lily





Monday

Tuesday

Wednesday

Thursday

Friday

	1 Pears WG Oatmeal WG CN Country Fried Beef Mashed Potato Fruit Cocktail Broccoli String Cheese	2 Orange Yogurt WG CN Chicken Patty Green Applesauce Milk WG Grahams	3 Banana WG Muffin WG CN Cheesy Chicken Burrito Corn Pears Milk Peaches	4 <b>Cook's Choice:</b> Breakfast Lunch & Snack
7 Apple Yogurt CN Hamburger WG Bun Green Beans Pear Milk Peaches	8 Orange WG Oatmeal WG CN Chicken Patty Carrots Fruit Cocktail Milk WG Grahams	9 Pear WG Cheerios WG CN Beef Taco Refried Beans Applesauce Milk Pineapple	10 Banana WG CN Italian Chicken Mix Vegetable Pineapple WG Bread String Cheese Cucumber	11 <b>No School</b>
14	15	16	17	18
<div style="border: 1px solid green; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>Spring Break - Consolidated Care/WRAP Only</b></p> <p><b>Cook's Choice:</b> Breakfast, Lunch and Snack</p> </div>				
				
21 Orange Yogurt CN Meatloaf Mix Vegetable Pears WG Bread Milk Apple	22 Fruit Cocktail WG Chex <b>March is Irish American Heritage Month, to celebrate we will have Bangers and Mash—a traditional Irish meal</b> Pears Milk	23 Apple WG Cheerios CN Italian Chicken on WG Bun Green Beans Tropical Fruit Broccoli String Cheese	24 Banana Vanilla Yogurt CN Meatballs Marinara Sauce Peaches WG Bread Hummus WG Pita	25 Fruit Cocktail WG Waffle CN Egg Hash brown Pears WG Muffin Apple Milk
28 Mandarin O's WG Cheerios WG Cheese Sandwich Tomato Soup Apple Pears Yogurt	29 Peaches WG Oatmeal CN Meatloaf Peas Peaches WG Bread Bean Salsa WG Chips	30 Orange WG Chex WG CN Cheesy Chicken Burrito Corn Tropical Fruit Applesauce WG Grahams	31 Banana WG Muffin CN Hamburger on WG Bun Baked Beans Pears Cauliflower String Cheese	 <b>Peppers &amp; Tomatoes</b> We will plant peppers & tomatoes from seed!

Menu subject to change. WG = Whole Grain. CN = Child Nutrition Label. Substitutions may be provided to Early Head Start. Milk served daily at breakfast and lunch. Whole milk for children 12-24 months old, low-fat milk for children 2+, water available all day. Menus developed following USDA CACFP. "This Institution is an Equal Opportunity Provider"