



Cafeteria Connection

March 2019

Celebrate Nutrition!

Did you know that March is National Nutrition Month? Every March we celebrate nutrition by educating the community on the importance of making informed food choices and developing sound physical activity and eating habits. The main goal is to create a world full of people thriving through the transformative power of food and nutrition. Here are some ways to get involved in the fun:

Create a "Nutrition Question of the Day" Contest: Award daily prizes by drawing a name from those who provided the correct answer.

Vote for Your Favorite Fruits and Vegetables: Offer a selection of bite-size pieces of fruits and vegetables and ask participants to vote for their favorite. Post a tally board and record votes!

Decorate the Cafeteria: Hang up National Nutrition Month posters or banners and offer Eat Right Nutrition Tips and recipe handouts.

Conduct a Taste Test: this is the perfect opportunity to try new foods! Sample new fruits and vegetables and provide students with a sheet to rate their preferences.

<https://www.eatright.org>

Written By: Kelsey Pezzuti, Dietetic Intern Gulf Coast

Mark Your Calendars...

National Nutrition Month
National Women's History Month
National Red Cross Month

March 1 - National Read Across America Day
March 4 - Nation School Breakfast Week
March 7 - National Cereal Day
March 8 - National Women's Day
March 12 - National Girl Scout Day
March 13 - National Registered Dietitian Day
March 17 - St. Patrick's Day
March 20 - First Day of Spring



Spring Begins

Don't Forget Your Breakfast



Every morning you run out the door to catch the bus. You remembered your homework and your lunch, but did you forget to eat breakfast? Breakfast is the best way to avoid mid-day hunger, be more alert in class, improve your memory and concentration, and increase standardized test scores.

Celebrate breakfast during National School Breakfast Week from March 4th – 8th! Swap out your bowl of cereal for something new and exciting like whole grain toast topped with peanut butter, apple slices, and cinnamon. Running low on time? Try adding fresh or frozen fruit to your favorite Greek yogurt or a bowl of oatmeal before you run out the door. Breakfast doesn't have to be complicated, keep it simple and give your body the fuel it needs with a healthy, nutritious start to the day.

<https://schoolnutrition.org/>

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IRISH SODA BREAD SCONES

Ingredients

- 2 Cups All Purpose Flour
- ¼ Cup Granulated Sugar
- 1 Tbsp. Baking Powder
- ½ tsp. Baking Soda
- ½ tsp. Salt
- 4 Tbsp. Unsalted Butter, cold & cut into small cubes
- ¾ Cup Buttermilk
- 1 Each Large Egg
- 1/3 Cup Raisins or Currants, packed
- 1 Each Large Egg
- 1 tsp. Milk
- As Needed Granulated Sugar, for sprinkling

Directions

Preheat the oven to 425°F with a rack in the center position. Line a baking pan with parchment paper or silicone mat; set aside.

In a medium mixing bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. Add the cold butter and toss with the flour mixture.

Using a pastry cutter/fork cut the butter into the flour mixture until the mixture resembles coarse meal. Place the bowl in the freezer for 5 minutes to chill. In a separate bowl, whisk together the cold buttermilk and egg.

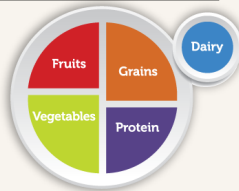
Prepare the egg wash: In a small bowl, whisk together the egg and milk; set aside. Remove the flour mixture from the freezer. Stir in the raisins or currants. Create a well in the center of the dry ingredients and add the buttermilk/egg mixture.

Using a wooden spoon, stir the buttermilk/egg mixture into the flour until just combined. The dough will seem crumbly and slightly dry. Transfer the dough and any dry pieces on to a lightly-floured counter. Knead the dough 4-5 times until it comes together, dusting the dough lightly with flour as necessary to prevent it from sticking. Fold the dough over itself 2 to 3 times. Shape the dough gently with hands into a disc that is roughly ¾" thick. Cut the disc into 8 equal triangle pieces. Gently place the scone onto the lined baking sheet. Brush lightly with the egg wash and sprinkle evenly with granulated sugar. Place scone in the oven and raise temperature to 450°F. Bake until golden brown 10-12 minutes. Cool for 10 minutes and enjoy!

Registered Dietitian Nutritionist
GIRL SCOUT DAY
eat right Academy of Nutrition and Dietetics

What Makes a Meal?

Each meal consists of **Five** components:
Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**



Happy St. Patrick's Day