

MARCH 2019

## Put Some Spring in Your Step!

Winter squashes, step aside! Spring is almost here, which means a fresh palette of fruits and vegetables to choose from. Eating, and serving, seasonal produce is one way to ensure everyone is getting the plant-based nutrients they need. To eat seasonally in spring, look for crisp lettuces, bright berries, and root vegetables like radishes and rhubarb!

### Go for the GREEN

In the month of St. Patrick's Day, green is everywhere: shamrocks, clovers, and even on leprechauns. But are greens on your plate?

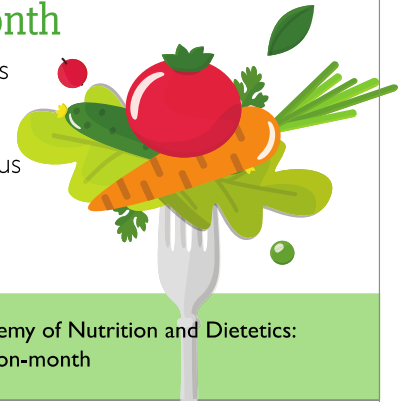
Dark green leafy vegetables offer necessary nutrients like vitamin A, vitamin C, antioxidants, fiber, folate, vitamin K, magnesium, calcium, iron, and potassium. But the benefits don't stop there! Greens also promote good vision, support immune function, and may help prevent certain cancers. Plus, dark leafy greens aid in regulating blood pressure, blood sugar, and cholesterol.

Talk about a SUPER food!<sup>2</sup>



### March is National Nutrition Month

National Nutrition Month is near to our hearts because we think good nutrition is worth celebrating! Plus, it's an opportunity to recognize the staff and support making delicious and nutritious meals possible in schools across the country. Thank you for letting us be a part of your student's success!



Fun National Nutrition Month resources from the Academy of Nutrition and Dietetics:  
<https://www.eatright.org/food/resources/national-nutrition-month>

### St. Patrick's Day Smoothie

Start your St. Patrick's Day with this kid-approved green smoothie recipe.

#### INGREDIENTS:

- 2 cups frozen unsweetened strawberries
- ½ cup blueberries
- 1 banana cut in chunks
- ½ kiwi, sliced
- 2 cups fresh spinach
- ½ cup ice cubes
- 1 cup fat-free milk
- ½ cup 100-percent apple juice

#### DIRECTIONS:

Combine in a blender until smooth!<sup>4</sup>



1. <https://www.thespruceeats.com/fresh-spring-fruits-and-vegetables-2217705>  
2. <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods>  
3. <https://en.wikipedia.org/wiki/March>  
4. <https://www.eatright.org/food/planning-and-prep/recipes/berries-and-spinach-smoothie-recipe>

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

[rethinkschoolmeals.com](http://rethinkschoolmeals.com)