

AUGUST 2019

Happy Harvest!

Did you know August is National Harvest Month? In spring the seeds were planted, through summer the crops were tended, and now, it's time to reap all of the benefits that a fall harvest can bring. Our nutrition team knows fresh is always best, which is why we strive to source seasonal produce from local farms to include in our menus.

Eating Seasonally

A habit most of us get into is buying the same produce each week, regardless of the season... But buying seasonally means you're getting fresher ingredients with more nutrients. Here is a handy chart you can use during your next shopping trip. Don't get overwhelmed! Buy some family favorites but mix in a few seasonal items to start:



Make a Seasonal Smoothie!



August 3rd is National Watermelon Day. Celebrate by pairing it with two other summer favorites, Peach and Pineapple, to make this seasonal smoothie*.

Ingredients

- 2 cups chopped seedless watermelon
- 1 cup crushed pineapple in juice, drained well
- 2 cups low-fat peach yogurt
- dash ground cinnamon
- 1/2 teaspoon vanilla extract

Instructions

Blend ingredients together in a blender until smooth and serve immediately.

Fruits

Apricots
Cherries
Melons
Figs
Berries
Pears
Peaches
Nectarines
Grapes

Vegetables

Radishes
Asparagus
Corn
Cucumbers
Tomatoes
Peppers
Mushrooms
Lettuce

Celebrate National Harvest Month as a Family

Find a local farmer's market and have every family member choose one fruit and one vegetable to share!



* Source: <https://www.watermelon.org/Recipes/Watermelon-Pineapple-and-Peach-Smoothie>

We're rethinking school meals!

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