



# Nutrition Services & Wellness Monthly Newsletter

**HAPPY NEW YEAR!**



## Nutrition Services News



Brussels sprouts were roasted, with a simple mixture of seasoned olive oil, until golden and tender. Evidence based research suggests that kids are more likely to try new foods when exposed to them at a young age. Sampling provided in part by a generous donation from Ocean Mist Farms in Coachella.

### S.N.A.C.

Our **S**tudent **N**utrition **A**ction **C**ommittee is comprised of 25 students from all over our district. We are learning about nutrition, physical activity, self-care and mindfulness for our overall well-being. Oh yeah, we also eat stuff! The students were able to taste and vote on potential new breakfast items for our menu and their fellow students.

Nutrition Services is piloting a “[Breakfast on the Playground](#)” program at select elementary schools within our district. The program is designed to provide *all* students with their first meal before classes begin. These outside mobile carts will include various grab n’ go items, such as breakfast sandwiches, fresh fruits & yogurt, all around convenient locations near the bus and campus entrances.

[Skipping Breakfast and Experiencing Hunger Impairs Children’s Ability to Learn](#) -CDC

Nutrition Services has been introducing many new produce items to students during lunch. For example, these



\*Look for Ocean Mist Farms convenience packaging in your grocery aisles. →

### Parents:

Do you have a “selective” eater in your home? Try spiraling your vegetables! It is super easy, quite beautiful and pretty fun as well. [Spiral slicers are relatively inexpensive, too.](#)



### Nutrition Education & Featured Recipe

The New Year often brings resolutions to eat healthier and exercise more. Here is some sage advice from the experts: [Stay Away from Fad Diets](#)

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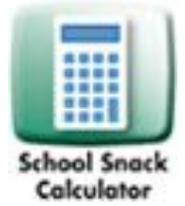
*This institution is an equal opportunity provider.*

No time to cook? No problem.  
It's time to bring out those crockpots!  
[100 Healthy Crock-Pot Recipes &](#)



*Wellness Corner*

Did you know this an easy calculator will help instantly identify if your treats are school-nutrition compliant & okay to bring on campus?



2# boneless skinless chicken breasts  
1 cup frozen corn  
15 oz. can white beans (cannellini or great northern), drained and rinsed  
1-cup salsa verde  
1 small yellow onion, diced  
2 garlic cloves, minced  
1 jalapeno, seeded and minced  
2 cups chicken broth  
1 tsp cumin  
1 tsp chili powder  
1 tsp hot sauce ([Tapatio](#) or something similar)  
¼ cup chopped fresh cilantro, plus garnish  
mozzarella cheese and avocado for garnish



- In your slow cooker, add chicken breasts, corn, beans, salsa, onion, garlic, jalapeno, chicken broth, cumin, chili powder, hot sauce, and cilantro; lightly stir to combine spices.
- Cover and cook on low for 9-10 hours, or high for 6-7 hours.
- Remove chicken from chili; shred using 2 forks. Place shredded chicken back into slow cooker; stir to combine.
- Serve topped with additional cilantro, mozzarella cheese, and avocado as desired.

[Verde Chicken Chili](#)

*Physical Activity & Health for Students  
Educators, Parents & Staff*

- [The Society of Health and Physical Educators](#) provide programs and resources to support health and physical educators at every level.
- [Calendars for Elementary and Secondary Physical Education](#) are free & Spanish versions are also available. Check out their [Teacher's Toolbox](#) free classroom resources!
- [10 Of The Best Free Curriculum Resources For Teachers](#)

**✓ Your product is compliant!**

For future reference and report documentation, enter the brand, product name, and then print.

Brand:

Product:

**Nutrition Facts**

Competitive Snack  
Non-fried vegetable  
Other types of vegetables

|                        |     |                              |                                                                    |
|------------------------|-----|------------------------------|--------------------------------------------------------------------|
| Serving Size           | 23  | <input type="radio"/> Ounces | <input checked="" type="radio"/> Grams (Use grams where available) |
| Servings Per Container | 1   |                              |                                                                    |
| Calories Per Serving   | 100 | Calories from Fat            | 30                                                                 |
| Total Fat (g)          | 3   |                              |                                                                    |
| Saturated Fat (g)      | 0   |                              |                                                                    |
| Trans Fat (g)          | 0   |                              |                                                                    |
| Sodium (mg)            | 160 |                              |                                                                    |
| Sugars (g)             | 2   |                              |                                                                    |

|                                                     |                  |
|-----------------------------------------------------|------------------|
| <input checked="" type="radio"/> Elementary School  | <b>Compliant</b> |
| <input checked="" type="radio"/> Middle/High School | <b>Compliant</b> |

| Elementary School                 | Middle/High School                |
|-----------------------------------|-----------------------------------|
| ≤ 35% calories from fat.          | ≤ 35% calories from fat.          |
| < 10% calories from saturated fat | < 10% calories from saturated fat |
| ≤ 35% sugar by weight             | ≤ 35% sugar by weight             |
| < 0.5 grams trans fat per serving | < 0.5 grams trans fat per serving |
| ≤ 200 milligrams sodium           | ≤ 200 milligrams sodium           |
| ≤ 175 calories per item/container | ≤ 200 calories per item/container |

Here is an example:

All schools are required to adhere to USDA law when providing food and beverages to students. Additionally, CVUSD has to follow the stricter California State standards. All of these regulations can be found in our Wellness Policy online.



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