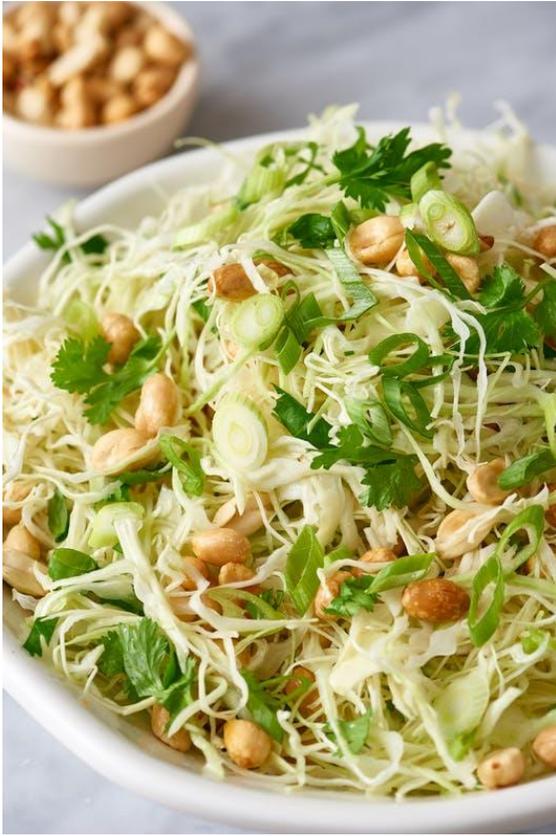


April

Nutrition Services & Wellness Monthly Newsletter

Nutrition News, Education & Featured Recipe



Crunchy Peanut Slaw

This is fabulous with rotisserie chicken as well!

Place cabbage in a large bowl. Add the peanuts, scallions, and cilantro, season very lightly with salt and pepper, and toss to combine. Place the oil, vinegar, sugar, sesame oil, and tamari or soy sauce in a medium bowl and whisk until emulsified. Taste and adjust to your own preferences, add to the cabbage mixture and toss to combine. Garnish with a few more peanuts if desired.

1 small head chopped cabbage
1 1/2 cups peanuts
1 medium bunch chopped scallions
2 bunches coarsely chopped fresh cilantro
1/2 cup light mayonaise
3-6 tablespoons rice vinegar
1-2 tablespoon sugar substitute
1-2 tablespoon sesame oil
1 teaspoon low salt soy sauce

Cabbage is loaded with crunchy goodness. This veggie is a great source of fiber; it is low fat and high in Vitamin K. Vitamin K helps with many important functions in your body. Vitamin K helps* your body heal wounds, maintain your blood vessels and keep your bones healthy. Vitamin K may also help in preventing fractures. *This vitamin interacts with blood thinning medication. Check with your doctor before you make any sudden changes in the amount of vitamin K you eat.



Nutrition Services held our annual Food Vendor Show in March. Multiple vendors showcased potential new food and beverage items. As outlined in the Nutrition Guidelines of our Wellness Policy, this opportunity allowed for input from students, parents and staff. We all sampled and provided valuable data to impact next school year's menus. Huge shout-out to Principal Becerra and Bobby Duke Middle for hosting!



Students throughout our district also sampled fresh spinach from our partners at Ocean Mist Farms in Coachella. This simple salad was tossed with a light lemon vinaigrette for optimal freshness. Anything lemony usually does the trick when getting kids to try something new.



Our own Nutrition Services Department is happy to assist our staff, students and parents with nutrition education as appropriate. Please contact our office to set something up. @ x 1076



This institution is an equal opportunity provider.

Physical Activity & Health

[Inland Empire Health Plan](#)'s Community Outreach Superheroes are available

(FREE of charge) to groups of 200 +

Please contact [Mario X. Diaz](#) for your next assembly.



Community Outreach

IEHP Superheroes

- ✓ Super Nutricia – Battling Childhood Obesity
- ✓ Eradicator – Tackling Big Tobacco
- ✓ Rad Rider – Promoting Bicycle Safety
- ✓ New addition ... Mighty Fitnessa

IEHP Inland Empire Health Plan

@[PE Central](#), teachers and parents can download monthly printable fitness calendars, sign up for newsletters, free lesson plans and more.



Wellness Corner

Regulate accordingly.

Ever wonder what someone means when encouraging you to be 'mindful'? Please take a couple of minutes to check in with yourself. The [simple worksheets](#) at the National Wellness Institute, Inc. (NWI) can be a wonderful place to start.



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The Six Dimensions of Wellness

SPIRITUAL: sense of purpose; connecting to a higher power; meaning in life; knowing one's values; awareness of life as a journey; tolerance; integrity

EMOTIONAL: acceptance of feelings; management of emotions and stress; ability to center; resilience; attuned to others emotions

OCCUPATIONAL: financial health; ability to share gifts, talents, and skills through work; satisfying career; sense of achievement

PHYSICAL: regular exercise; healthy nutritional habits; self-care; monitoring vital signs; sense of vitality and energy; avoidance of alcohol, drug misuse, and tobacco use; connection to nature

SOCIAL: positive connections; encouraging community; giving and receiving social support; intimacy; compassion; love

INTELLECTUAL: creativity; stimulating mental activities; learning; reading; problem-solving; staying current with events you enjoy



spreading good juju



Happy Spring Break