

# Healthy Minds, Healthy Bodies

Volume 4 Issue 1

Fall 2018

## Farm to School



October is **Farm to School** month. **Farm to School** can mean a couple of different things, but the basic idea is about providing students an opportunity to understand where their food comes from, how it grows, who grows or raises it, what it looks like in different growth stages, and how eating a variety of foods can provide many health benefits.

**Farm to school** joins communities together by encouraging the consumption of locally grown foods. It additionally raises an environmental awareness by suggesting we eat produce that is in season. By eating local, seasonal produce our foods spend less time on the road!

**Farm to school** programs can be seen in schools with school gardens, farmer visits, chef led food demonstrations, taste tests, and class trips to local farms.



DVUSDNutrition



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Cilantro can add color and flavor to all sorts of recipes!

Cilantro leaves are usually added toward the end of meal preparation to brighten up a meal and add light flavor, whereas the stem (chopped small) is often added for a richer cilantro flavor.

Cilantro has been shown to protect the cells in our body by absorbing and neutralizing free radicals that have the potential to build up in our body.

## Cowboy Caviar (serves 6)

### Ingredients:

- ◆ Black beans (1 14oz can)
- ◆ Pinto beans (1 14oz can)
- ◆ Corn (1 14oz can)
- ◆ Salsa (1 1/2 cup)
- ◆ Cilantro (1/4 cup chopped)
- ◆ Lime Juice (1 tsp)
- ◆ Onion Powder (1/2 tsp)
- ◆ Chili Powder (1/4 tsp)
- ◆ Garlic Powder (1/4 tsp)
- ◆ Pepper (1/4 tsp)

### Directions:

Step 1: Drain and rinse beans and corn. While those ingredients are draining, chop cilantro (leaves and stems).

Step 2: Pour beans and corn into a medium sized mixing bowl. Add cilantro and stir.

Step 3: In a small bowl, add salsa, lime juice, and spices. Mix together with a spoon.

Step 4: Pour salsa and spices mixture into bean and corn mixture, and stir well.



Cowboy Caviar was recently taste-tested by over 400 students in our district.

There was a resounding positive response with over 300 students either "liking" or "loving" the new recipe.

And, that means Cowboy Caviar will enter into the school lunch menu's meal rotation for October!

**Try it at home!**



DEER VALLEY  
Unified School District

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## FOOD & NUTRITION

Click on the chef's hat!

[www.DVUSD.org](http://www.DVUSD.org)

## Movement, Exercise, Activity

Physical activity is so important! It can help you live longer, feel better, sleep well, move around easier, build stronger muscles and bones, and reach or maintain a healthy weight for your body.

Being active means you are also more likely to avoid heart disease, type 2 diabetes, high blood pressure, and high blood cholesterol!

You can increase the amounts of activity you do everyday by finding ways to add movement into your routine (choose stairs, park further away, walk your dog). Huge daily changes are hard to stick with, and this is often why people give up on exercise. Even a quick 10 minute walk can benefit your body and mind!

**READ MORE** about the [benefits of physical activity](#) and [increasing physical activity](#) at [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

**school lunch lots 2 love**

### National School Lunch Week

**OCTOBER 15-19, 2018**

Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

**Parents: Did you know?**

**30 million** students enjoy healthy lunches every school day.

**3/4 cup** of vegetables with every lunch

**1 cup** of 1% or fat-free milk

**1/2 cup** serving of fruit daily

**Entrées** must include whole grains & lean protein

Read School Meal Success Stories here: <https://traytalk.org>

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## Celebrating National School Lunch Week!



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