



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

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Welcome Back!

Another school year has just begun, and here at The Nutrition Group, we can't wait to show you all of the fun and exciting things we have planned for the year! One of our most popular programs is back for another year of new and exciting recipes: Chef Basil's Wellness Wednesday! Throughout the upcoming school year, a special section of the cafeteria will be designated as a sampling station where students can receive a taste of healthy new recipes. Students who try the complimentary sample will receive a colorful Chef Basil sticker so that they can proudly advertise that "I tried something new today!" In the upcoming editions of *The Scoop*, you will receive a copy of the recipe to try at home with your child.

As your food service provider, we pride ourselves in providing students with a variety of great-tasting, healthy food in a positive and comfortable dining atmosphere. Did you know that eating lunch at school is a great way for your child to get one-third of their recommended daily nutrients? Our intent is to support students by teaching them how important it is to make healthy choices so

that they can perform at their best. Stay tuned for more exciting events in your child's cafeteria, and here's to another year of fun with The Nutrition Group!



Chef Basil's Wellness Wednesday

This month's taste testing in your child's cafeteria features Peach Salsa! The fuzzy peach is actually a member of the rose family and originated in China. The center of the peach contains a seed which many people refer to as a pit or stone. While there are over 700 varieties of this sweet, juicy fruit, the two main varieties are the clingstone (the flesh sticks to the stone) and freestone (the stone is easily separated from the flesh). A large peach has fewer than 70 calories and contains 3 grams of fiber. It is also a good source of vitamins A and C and potassium. Talk about fruit that packs a punch!



RECIPE

Peach Salsa

Ingredients:

- 2 Cups diced peaches
- 1 Cup salsa
- 1 tsp light brown sugar
- 3/4 tsp dried parsley

Directions: Combine peaches and salsa in a large bowl. Using a rubber spatula, gradually stir in brown sugar and parsley until well mixed. Serve chilled.



For more information visit www.thenutritiongroup.biz



Chef Basil's Wellness Wednesday

Word Search

Help Chef Basil find these words about peaches or fruit.

Word List

APRICOT, CHERRY, COBBLER, DUMPLING,
GRAPE, GRAPEFRUIT, HONEYDEW, KUMQUAT,
LEMON, LIME, MANDARINE, MANGO, NECTARINE
ORANGE, SALSA, TANGERINE, WATERMELON

H	G	G	N	O	R	A	N	G	E
Z	R	R	E	L	B	B	O	C	E
W	A	T	E	R	M	E	L	O	N
H	P	A	O	G	N	A	M	E	I
O	E	U	E	C	W	Q	C	Y	R
N	F	Q	M	S	I	T	R	L	E
E	R	M	I	L	A	R	N	S	G
Y	U	U	L	R	E	L	P	Y	N
D	I	K	I	H	G	M	S	A	A
E	T	N	C	Z	X	Z	O	A	T
W	E	D	U	M	P	L	I	N	G
E	N	I	R	A	D	N	A	M	N

Words may be vertical, horizontal, diagonal or backwards and upside down.

PEACH FUN FACTS

Why are peaches fuzzy? Some believe it is to give the fruit more resistance to insects and diseases. Another theory is that the fuzz protects peaches from sunburn and potential water loss.

James and the Giant Peach is a popular children's novel written in 1961 by British author Roald Dahl.

"You're a real peach" originated from the tradition of giving a peach to a friend you liked!

In China, the peach is a symbol of good luck, protection and longevity.

