



SCHOOL NUTRITION AND FARM2SCHOOL NEWS

Edition 2

March 2024



SCHOOL NUTRITION NEWS

FOOD FOR KNOWLEDGE

AMANDA REILLY
NUTRITION DIRECTOR



**NO HOT LUNCHES SERVED AT
MIDDLE SCHOOL THIS SUMMER**



ALL SUMMER MEALS WILL BE GRAB 'N GO

PARENT PICK-UP FOR GRAB N' GO MEALS
TUESDAYS AND FRIDAYS 11:30AM-12:30PM DURING SUMMER 2024

MAY 21-AUGUST 2
EACH TUESDAY AND FRIDAY

BAGS WILL INCLUDE 3 BREAKFASTS AND 3 LUNCHES.
REGISTRATION FORMS WILL BE SENT HOME WITH EACH STUDENT
AND ARE REQUIRED AND DUE BACK TO THE NUTRITION OFFICE
BEFORE MAY 10, 2024

FORMS CAN ALSO BE FOUND ON THE SCHOOL DISTRICT WEBSITE
AND THE HURON SCHOOL DISTRICT NUTRITION FACEBOOK PAGE
PHOTO ID (DRIVER'S LICENSE) NECESSARY FOR MEAL PICK UP.



GRAINS ARE DIVIDED INTO TWO SUBGROUPS:

WHOLE GRAINS AND REFINED GRAINS.

WHOLE GRAINS CONTAIN THE

ENTIRE GRAIN KERNEL —THE BRAN, GERM, AND ENDOSPERM.

EXAMPLES OF

WHOLE GRAINS INCLUDE WHOLE-WHEAT FLOUR, OATMEAL,
WHOLE CORNMEAL,
AND BROWN RICE.

REFINED GRAINS HAVE THE BRAN AND GERM REMOVED,
WHICH REMOVES MANY IMPORTANT NUTRIENTS.

SOME EXAMPLES OF REFINED GRAIN PRODUCTS
ARE WHITE FLOUR, WHITE BREAD, AND WHITE RICE.

WHOLE GRAINS ARE IMPORTANT SOURCES OF NUTRIENTS,
DIETARY FIBER, AND
MINERALS LIKE MAGNESIUM, WHICH IS USED IN BUILDING
BONES AND RELEASING ENERGY FROM MUSCLES.

FOR SCHOOL LUNCH, AT LEAST 80 PERCENT OF THE WEEKLY
GRAINS MUST BE WHOLE GRAIN-RICH; THE REMAINING WEEKLY
GRAINS OFFERED MUST BE ENRICHED.



FOOD FOR THOUGHT



Fresh bread is baked from scratch *daily* at the MS! Varieties include pizza crust, hamburger buns, cinnamon rolls and dinner rolls. Our recipes are written to reflect the 51% whole grain requirement.

DID YOU KNOW?

MARCH MARKS NATIONAL NUTRITION MONTH, A TIME DEDICATED TO RECOGNIZING THE PROFOUND IMPACT THAT NUTRITION HAS ON OUR HEALTH AND WELL BEING. IN A WORLD WITH MANY PROCESSED OPTIONS, IT'S CRUCIAL TO PAUSE AND REFLECT ON THE VITAL ROLE THAT NUTRITION PLAYS IN OUR LIVES.

NUTRITION IS NOT MERELY ABOUT WEIGHT AND SIZE; IT'S ABOUT NOURISHING OUR BODIES FROM THE INSIDE OUT. EVERY MORSEL OF FOOD WE CONSUME SERVES AS FUEL FOR OUR DAILY ACTIVITIES, AFFECTING EVERYTHING FROM OUR ENERGY LEVELS TO OUR MOOD AND COGNITIVE FUNCTION.

IMAGINE YOUR BODY AS A FINELY TUNED MACHINE, WITH EACH NUTRIENT SERVING AS A VITAL COMPONENT NECESSARY FOR OPTIMAL PERFORMANCE. JUST AS A CAR REQUIRES THE RIGHT TYPE OF FUEL TO RUN SMOOTHLY, OUR BODIES REQUIRE A BALANCED DIET RICH IN ESSENTIAL VITAMINS, MINERALS, PROTEINS, CARBOHYDRATES, AND FATS TO FUNCTION AT THEIR BEST.

A DIET THAT PRIORITIZES WHOLE, NUTRIENT-DENSE FOODS SUCH AS FRUITS, VEGETABLES, LEAN PROTEINS, WHOLE GRAINS, AND HEALTHY FATS PROVIDES THE BUILDING BLOCKS OUR BODIES NEED TO THRIVE. THESE FOODS ARE NOT ONLY PACKED WITH ESSENTIAL NUTRIENTS BUT ALSO OFFER NUMEROUS HEALTH BENEFITS INCLUDING REDUCING THE RISK OF CHRONIC DISEASES SUCH AS HEART DISEASE, DIABETES, AND CERTAIN CANCERS.

MOREOVER, THE BENEFITS OF GOOD NUTRITION EXTEND FAR BEYOND PHYSICAL HEALTH. NUTRIENT-RICH FOODS SUPPORT BRAIN FUNCTION, IMPROVE MOOD, AND ENHANCE OVERALL COGNITIVE PERFORMANCE, HELPING US TO FEEL MORE FOCUSED, ENERGIZED, AND EMOTIONALLY RESILIENT.

NATIONAL NUTRITION MONTH SERVES AS A REMINDER THAT WE HAVE THE POWER TO TAKE CONTROL OF OUR HEALTH THROUGH THE FOODS WE CHOOSE TO FUEL OUR BODIES. BY MAKING SMALL BUT MEANINGFUL CHANGES TO OUR DIET AND LIFESTYLE, WE CAN LAY THE FOUNDATION FOR A LIFETIME OF WELLNESS.

THIS MARCH, LET'S CELEBRATE NATIONAL NUTRITION MONTH BY RECOMMITTING OURSELVES TO THE PURSUIT OF BETTER HEALTH THROUGH NUTRITION. WHETHER IT'S SWAPPING OUT SUGARY SNACKS FOR FRESH FRUITS, INCORPORATING MORE VEGETABLES INTO OUR MEALS, OR SIMPLY BEING MORE MINDFUL OF PORTION SIZES, EVERY POSITIVE CHANGE WE MAKE BRINGS US ONE STEP CLOSER TO A HEALTHIER, HAPPIER LIFE.

HERE'S TO NOURISHING OUR BODIES, MINDS AND SPIRITS FOR A LIFETIME OF VITALITY AND WELL-BEING!
HAPPY NATIONAL NUTRITION MONTH!

FOOD FOR ACTION

HERE'S SOME IDEAS TO TRY AS YOU SHARE FAMILY MEALS

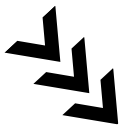
INTENTIONAL CONVERSATION CAN START WITH.....

BEST THING,
WORST THING.

GO AROUND THE
TABLE AND ASK EACH
PERSON TO SHARE
THE BEST THING
ABOUT THEIR DAY
AND THE WORST
THING ABOUT THEIR
DAY.

PLAY THE "WOULD YOU
RATHER" QUESTION GAME.

IF YOU COULD LIVE IN ANY STATE, WHICH WOULD
YOU CHOOSE? WHY?
(MINI GEOGRAPHY LESSON AS WELL)



FARM2SCHOOL NEWS

3

Karla Sawvell, F2S Coordinator Huron School District

REAL FOOD IS ALIVE AND WELL AS THE CALENDAR CHANGES AND WE REALIZE THERE'S JUST THREE MONTHS OF SCHOOL LEFT!

RECENTLY, OUR F2S PROGRAM WAS HIGHLIGHTED ON THE BLOGPOST, *FUNERAL POTATOES AND WOOL MITTENS*. THIS WAS AN EXCITING OPPORTUNITY TO SHARE WITH A LARGER AUDIENCE WHAT HURON SCHOOL NUTRITION IS DOING.

THE BLOG CAN BE ACCESSED ON THE HURON SCHOOL DISTRICT NUTRITION FACEBOOK PAGE OR AT

[HTTPS://RANDOMSWEETS.COM/REVOLUTIONIZING-THE-CAFETERIA-FARM-TO-SCHOOL](https://randomsweets.com/revolutionizing-the-cafeteria-farm-to-school)



WITH THE WARMER TEMPS, FRESH SPINACH FROM THE BEADLE CONSERVATION FARM GREENHOUSE MADE AN APPEARANCE ON THE HS SALAD BAR IN FEBRUARY. A STRAWBERRY POPPYSEED DRESSING MADE THIS A TASTY ADDITION!



THE BEADLE CONSERVATION FARM IS A SERVICE PROVIDED BY THE BEADLE CONSERVATION DISTRICT. THE FARM WAS CREATED WITH A NATURAL RESOURCE CONSERVATION SERVICE (NRCS) GRANT TO PROMOTE, IMPLEMENT AND DEMONSTRATE CONSERVATION PRACTICES WHICH SUSTAIN AND ENHANCE OUR NATURAL RESOURCES SPECIFIC TO URBAN AGRICULTURE.



SOIL HEALTH, LOCAL FOOD PRODUCTION AND CONSERVATION EDUCATION ARE PRIORITY ITEMS FOR THE DISTRICT. WE ARE EAGER TO HELP IN EDUCATING SCHOOL-AGED KIDS ON WHERE FOOD COMES FROM AND HOW IT IS GROWN THROUGH THE FARM TO SCHOOL PROGRAM.

THE DISTRICT CURRENTLY OWNS 4.5 AC WITHIN HURON'S CITY LIMITS. TWO GREENHOUSES AND PLENTY OF OUTDOOR GROWING AND LEARNING SPACE EXIST. WE ARE EXCITED TO BE A PART OF THE FARM TO SCHOOL PROGRAM, ENSURING THAT CHILDREN OF ALL AGES CAN HAVE FRESH, LOCAL FOOD TO ENJOY.

AS WE CONTINUE TO BECOME MORE ESTABLISHED, A MORE DIVERSE SELECTION OF FRUITS AND VEGETABLES WILL BECOME AVAILABLE. THERE IS AN AREA THAT WILL BE PLANTED TO FRUIT AND NUT BEARING TREES AND SHRUBS FOR EVERYONE TO ENJOY.

LAST YEAR WE SUCCESSFULLY PRODUCED CORN, POTATOES, BEETS, TOMATOES, CUCUMBERS, SQUASH, PEPPERS, GREENS AND HERBS. STUDENTS IN THE HURON SCHOOL DISTRICT SHARED OUR SUCCESS AS THESE ITEMS WERE INCLUDED ON SALAD BARS AND SCHOOL LUNCHES. WE WILL CONTINUE PRODUCING THESE ITEMS AND BE EXPANDING OUR STRAWBERRY PATCH ALONG WITH AN ASPARAGUS PLOT.

THE EFFORT GOES ON!



Revolutionizing the Cafeteria: Farm to School Impacts Student Well-being and Local Agriculture

Karla Sawvell and Amanda Reilly are spilling the beans on how the Huron South Dakota School District is implementing Farm To School.

Random Sweets / Jan 18



**FOOD FROM
YOUR
FARMER**

**BEADLE
CONSERVATION
FARM**

LINCOLN AVENUE, HURON

ROBIN VIESTENZ, BEADLE CONSERVATION DISTRICT MANAGER, SHARES THE FOLLOWING AS SHE REMEMBERS HER PAST GARDENING EXPERIENCES-----

-

"AS A CHILD, I SPENT A LOT OF TIME HELPING GRANDMA AND GRANDPA IN THE GARDEN (GRANDPA ALWAYS MADE IT A LOT OF FUN!). EVERYTHING ALWAYS TASTED SO GOOD, DIRT AND ALL. I ALSO HAD A GARDEN WHEN MY CHILDREN WERE GROWING UP, AS I KNEW FRESH WAS THE BEST FOR MY FAMILY. THEY STILL APPRECIATE THE HARD WORK AND MANY BENEFITS OF FRESH PRODUCE."

FOOD FOR FUN!



THE 4TH AND 5TH GRADERS GOT THEIR SHOT AT SOME “OFFICIAL” TASTE TESTING IN NOVEMBER BY SAMPLING PURPLE AND GOLD POTATOES AND SQUASH. RESULTS WERE PRETTY EVEN OVER ALL THE CATEGORIES.



**6TH GRADE STUDENTS
CASTED THEIR BALLOT
ON ELECTION DAY FOR A
BRAND NEW ITEM,
TURNIP FRIES**

**34 NO
31 YES
1 MAYBE
1 KIND OF**



**THESE RESULTS WERE
QUITE EVEN
CONSIDERING THE
DEFINITE OPINIONS OF
THESE GREAT KIDS!**

