



Glassboro School District

December 2015 Monthly Update



Nutri-Serve's Nutrition Intuition Newsletter

This monthly newsletter, written by Nutri-Serve's Corporate Dietitian, provides topics and tips to guide families in discussion on topics such as healthy eating, exercise and more!

Healthy eating is not an intuitive behavior, but a learned practice. Family discussion and setting a positive example for the younger generation can be a great starting point.

The goal of *Nutri-Serve's Nutrition Intuition* is to make educating your child on nutrition informative and fun all at the same time.

Each issue includes:

- ♦ A main focus. Topics so far include:
 - ♦ Having an apple tasting with your child
 - ♦ The importance of family meals
 - ♦ Making the perfect parfait at home
 - ♦ Keeping your appetite in check during the holidays
- ♦ A fruit friend & veggie visitor featuring:
 - ♦ Fun facts
 - ♦ Jokes
 - ♦ History
- ♦ The story of Nutri-Serve
 - ♦ Who we are and how we came to be
 - ♦ Explanation of our nutrition education concept *Balloons for a Balanced Lunch*.

Feel free to post this on your school website!

If you send home a paper menu you can even have it printed on the back!

December Fun Days (Highlighted on Menu)

December 7: Breakfast For Lunch!

Picking pancakes vs. French toast would be a close battle in most schools so we served a combination lunch. A half serving of pancakes plus a half serving of French Toast, turkey sausage as the protein and served with a mini parfait as a treat. Sounds like the best of both worlds to us!

December 17: Holiday Meal!

We served a home-style chicken pot pie served in a bread bowl. This came with mashed potatoes and harvest pudding (sweet potatoes, vanilla pudding and spices).



Nutri-Serve Food Management
Let's Use Our...
NUTRITION INTUITION

Dietitian's Tip of the Month

Watch Out For These Holiday Favorites!

1 qt Cheese 100 Calories	6 oz Ham 100 Calories	1 Cup Eggs 222 Calories	1 Candy Cane 60 Calories
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Our Fruit Friend and Veggie Visitor of the Month are featured on the lunch menu!

Fruit Friend of the Month: Strawberry

Veggie Visitor of the Month: Spinach

Berry Fun!
What is a scarecrow's favorite fruit? Straw-berries! That's A Lot Of Seeds!
♦ Strawberries are the only fruit with seeds on the outside... averaging 200 seeds per berry.
Americans ♥ Berries
♦ Americans eat an average of three-and-a-half pounds of fresh strawberries each per year. In a study, more than half of nine-year-olds picked strawberries as their favorite fruit.
They Are Berry Good For Athletes
♦ Strawberries contain high levels of nitrate shown to increase blood and oxygen flow to the muscles. Research suggests that people who load up on strawberries before exercise have greater endurance & burn more calories.
Berry Helpful Tip
♦ Wash berries right before serving! Washing speeds up the spoiling process.

Spinach Wit!
What is a ballerina's favorite kind of vegetable? Spin-ach! The Most Fabulous Spinach Eat Yet!
♦ In the 1920's U.S. spinach growers conditioned Popeye with a 33% increase in domestic spinach consumption.
♦ Popeye the Seafarer was a greatest lover of spinach. The spinach part of his song went, "I'm Popeye the Seafarer, I'm Popeye the Seafarer, I'm first to the finish, cause I eat my spinach, I'm Popeye the Seafarer!"
What Popeye Didn't Know About Spinach
♦ Popeye was said to get his strength from the iron in spinach, which takes oxygen to muscles. However, iron absorption in spinach is prevented by a compound called oxalic acid and can't be used by the body.
Spinach Nutrition
♦ Spinach is a great source of vitamins C, B, Vitamin K, Folate & Potassium.
♦ Spinach is best eaten fresh. It loses nutrients with each passing day.

DECEMBER 2015

Brainstorm! BALANCE

The Ultimate Holiday Eating Strategy to Keep Your Appetite in Check
Make a healthy holiday season commitment for your family instead of making it a New Year's Resolution.

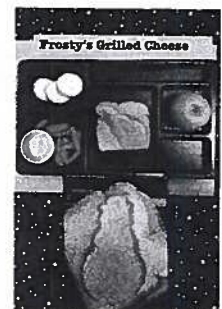
- Hunger vs Thirst:** Don't mistake thirst for hunger! Stay hydrated and try to drink a full glass of water before meals. A carbonated soft drink works too. Add in a spritz of juice or fresh fruit for extra flavor for less calories or sweetness.
- Scope Out The Whole Serving Line:** Before grabbing anything check out the entire serving line and decide what it is you really want to eat. Have your salad on a separate plate and enjoy that first before digging into everything else.
- Try To Make a Balanced Plate:** Go heavier on your super satisfying veggies. Pick a grain, fruit, extra veggies and maybe even a dairy food option. Once you have your food groups covered take just a bite of anything else you may have wanted to try.
- Take Your Time!** Enjoy great conversation with family & friends, put your fork down between bites, and clear your plate when done to resist tempting second helpings.

THE STORY OF NUTRI-SERVE. IT'S OUR NUTRITION INTUITION
In 1987 Registered Dietitian Karen Meyer built a company based on the principles of Nutrition & Service naming her company Nutri-Serve Food Management to reflect these beliefs. Nutrition has always been at the forefront of menu planning with "Balloons for a Balanced Lunch" laying the foundation in creating serving lines that teach our customers balanced eating skills. We believe our exponential growth to over 85 districts over the last 28 years is a result of our commitment to serving tasty and healthy meals to our customers. Nutri-Serve's Corporate Dietitian, Kristen Mueller, RD, works collaboratively with our team to plan monthly menus and provides nutrition education to students.

Newsletter By: Kristen Mueller, RD
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December 22: 1st Day of Winter!

To celebrate we served Frosty's Grilled Cheese (a grilled cheese sandwich with a cookie cutter imprint of Frosty), warm tomato soup, icicle (crinkle cut fries), and a peppermint cookie (a sugar cookie topped with crushed candy canes). There is nothing like grilled cheese and tomato soup on a cold winter day! The alternate was a cheese-brrrrrger, obviously!



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December Happenings!



December was a wonderful month to celebrate the Holiday season! There were many events going on during the month that Nutri-Serve and its staff had the pleasure in catering. We are here to serve and will gladly cater any community, PTA, or any student club events. Nutri-Serve + You = Happy and Satisfied Customers!



Senior Christmas Dinner 2015...

Glassboro Police Department

Big thank you to Chief Alex Fanfarillo and the members of the Glassboro Police Department for a successful event!!

Check out what's cooking in Your School District!

Introducing new hot buffalo chicken subs and seasoned potato wedges at the High School. The buzz is that we are getting a lot of chatter about how good the food is there. They asked for it and they got it! Thank you to Dr. Sneathen and the Student Council.



Please Detach and Return to Food Service Director

We Want Your Opinion:

Name: _____

Date: _____

would like more information on:

would like to suggest:



Dining Service Contact: Chef Trenay Parker, Food Service Director 856-652-2700 ext 4712,