

Three Rivers March Nutrition Newsletter



Spring Is in The Air – What’s Blooming in the Cafeteria?

Welcome to your monthly newsletter! Strawberries are everywhere and being celebrated in schools all month.



In this issue:

Spring is finally here and so are **STRAWBERRIES!**



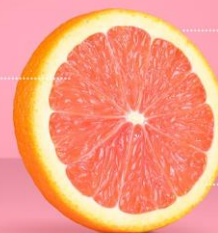
Strawberry Day

The Fresh Fruit and Vegetable Program (FFVP) provides children with a variety of fresh fruits and vegetables. Fresh Pink Cara Cara Oranges were featured this month



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HEY THERE, LYCOPENE
Meet the antioxidant that makes Cara Caras pretty in pink (on the inside).



100% VITAMIN C
Packed with your daily recommended intake.

POWER PACKED
Contains key nutrients like folate, fiber, and potassium.

This Month in Discovery Kitchen

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet.

In March, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed, to table.



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Discovery
KITCHEN

