



February 2022 Nutrition News

In February we are focusing on heart health and how to keep it healthy.

WHAT DO WE EAT ON A HEART HEALTHY DIET?

- Leafy green vegetables like spinach, kale, and collard greens
- Whole Grains such as whole wheat, brown rice, oats, rye, barley, buckwheat, and quinoa
- Berries like strawberries, blueberries, and raspberries
- Avocados
- Fatty Fish like salmon, mackerel, sardines, and tuna that are loaded with omega-3 fatty acids
- Walnuts
- Beans
- Dark chocolate
- Tomatoes
- Almonds
- Seeds- Chia seeds, flaxseeds, and hemp seeds
- Garlic
- Olive Oil
- Edamame also known as soybeans
- Green Tea

Supply and demand will still be an ongoing issue. The food and supplies received are contingent on weather conditions and supplier availability.



If you have any questions, please feel free to call or email at kim.putman@morrow.k12.or.us or 541-481-2526 Ext. 2726.



So Happy

So Happy is an easy-to-use menu and nutrition app that allows parents and students to see all ingredients and allergens in every meal served in their school cafeteria on a weekly basis. Available as a FREE download on the App Store & Google Play. Search "So Happy"



February is American Heart Month. Here is Life's Simple 7 for kids and everyone to have a healthier heart.

1. Avoid smoking and using tobacco products



2. Be physically active every day



3. Eat a heart-healthy diet



4. Keep a healthy weight



5. Keep your blood pressure healthy



6. Keep your total cholesterol healthy



7. Keep your blood sugar healthy



It's All HISTORY

The tomato is a true American native. Its history begins with the Aztecs around 700 A.D., which is why it is believed to be native to the Americas. It was not until the 16th century, when early explorers set sail to discover new lands, that Europeans were introduced to the fruit. It quickly became accepted in Southern kitchens, but took a bit of time and resistance until the North caught on to its benefits. The British actually believed that it was poisonous due to the similar appearance it had to the wolf peach. It was not regarded as a kitchen vegetable until the times preceding The Civil War Period in the United States. Each area of the world has its own tomato history and how it is used in everyday dining. According to the UN Food & Agriculture Organization, the whole world produces around 125 million tons of tomatoes per year.

Let's Get Cooking

SALSA (YIELD: 2 CUPS)

INGREDIENTS:

- 1 small red onion, coarsely chopped
- 1 medium green bell pepper, coarsely chopped
- 1 small bunch (8 to 10 sprigs) fresh parsley leaves
- 2 large or extra-large fresh Florida tomatoes, cored
- 3 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon ground cumin
- Salt and freshly ground pepper to taste

NUTRITION FACTS:
(PER 1/4 CUP)
35 calories, .5g fat,
115mg sodium, 2g fiber

DIRECTIONS:

1. Combine the onion, green pepper, and parsley in a food processor. Process for 10 seconds, scrape down the sides, and process again until the mixture is finely chopped.
2. Halve the tomatoes and squeeze out most of the juice and seeds. Chop the tomatoes coarsely, then add them to the processor. Pulse several times to make a textured sauce: little bits of onion and tomato should remain. Transfer the mixture to a bowl and stir in the vinegar and lemon juice.
3. Put the cumin in a small saucepan and toast over low heat, stirring, for 2 to 3 minutes, just until the cumin starts to smoke. Stir it into the salsa along with salt and pepper. Cover and refrigerate until serving time. The salsa will keep for about 1 week in the refrigerator.



Crossroads Café (Secondary Schools)

Sandwiches with ATTITUDE is the February theme featuring Italian Sub, Turkey Carnitas Sub, Meatball Marinara Sub, and Tuna Sub.



Fresh Pick of the month features a fruit, vegetable, or whole Grain. Nutrition information is posted and sent out to teachers for in the classroom activities for students. February's Fresh Pick is TOMATOES.





MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
 Meat/Meat Alternative;
 Grain; Veggie; Fruit; Milk
ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



KEEP YOUR HEART HEALTHY AND HAPPY!



Our mission is to be a leader in supporting student engagement and improving Quality of Life for the entire school community. By focusing on Quality of Life Services, we reinforce the overall experience of a student's educational journey, which helps to ensure their success. For more information please visit www.sodexoUSA.com.

freshpick review



TOMATOES... Everybody's Favorite FRUIT!

Tomatoes are a nutritious and delicious way to get the well-balanced diet you need to live a healthy life! Tomatoes are actually a fruit! In 1893 the tomato was determined to be a vegetable due to the fact that it is typically eaten with the main part of the meal instead of at the end, like most fruits typically are. They are available all year round and are the perfect addition to so many of the foods we eat. Tomatoes can be found in a variety of colors from yellow to green. While these tomatoes will eventually turn red, they will not be as flavorful as ripened, bright red tomatoes which are the very best.

Florida's rich farmland provides Americans with tomatoes that are perfect in size, texture and taste. They are responsible for producing 95% of the tomatoes grown in the United States and provide us with the best tomatoes during the months of October through June. Fresh tomatoes that are sold in the supermarkets are firm, yet not completely ripe because of the long distances they typically end up traveling. After purchasing tomatoes and keeping them a few days at room temperature, they will eventually become bright red as they begin to soften and will develop a good flavor and aroma.

Nutrition NOTES

Not only are tomatoes full of flavor, but they are also full of nutritional benefits! Tomatoes carry lycopene, one of nature's most powerful antioxidants. Tomatoes, with the help from their antioxidant super power, have been found to prevent a number of diseases including heart disease and some commonly known cancers. Tomatoes are also very good for the eyes and skin. In addition, they are also an excellent source of potassium, calcium and Vitamins A and C.



The *Fresh Pick Review* is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured *Fresh Pick* item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our *Fresh Pick Review* even better, please email your suggestions or comments to freshpick@ideaworksfoodmarketing.com.



For The RECORD



LARGEST TOMATO PLANT

WHO	Walt Disney World Company
WHERE	United States
WHEN	March 27, 2007
DETAILS	The largest tomato plant covers an area of 56.73 m ² (610.63 ft ²) at the Epcot Science project at Walt Disney World Resort in Lake Buena Vista, Florida, USA. The plant was measured on 27 March 2007.



Did You KNOW?

- Florida Tomatoes account for 95% of all U.S. grown tomatoes eaten by Americans from October to June.
- **Tomatoes are actually a fruit even though the U.S. Supreme Court declared them a vegetable in 1893.**
- The tomato is a true American native. Originally cultivated by Aztecs and Incas as early as 700 A.D., tomatoes were introduced to Europeans during 16th century explorations.
- **The Italian name for the tomato is pomodoro, which translates to 'apple of love' or 'golden apple.'**

19.3

The amount of pounds of tomatoes the average American consumes **EACH YEAR.**

By The NUMBERS

140,000

The amount of tomato plants one pound of seed produces.

