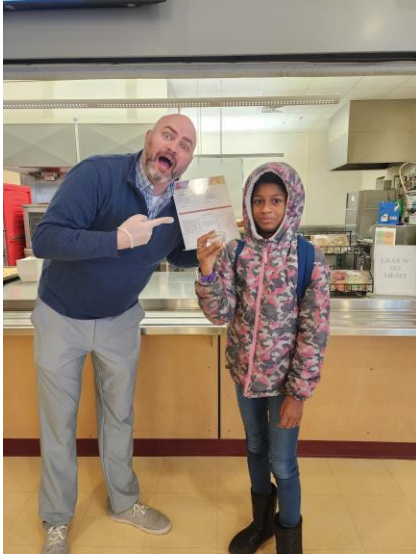


Three Rivers January Nutrition Newsletter

Welcome Back! Cheers to a Happy and Healthy New Year

Starting a chilly January off with warm spiced peaches in our Great American Road trip.



the GREAT AMERICAN ROADTRIP

Warm Spiced Peaches

INGREDIENTS	METHOD
2 1/2 lbs - frozen sliced peaches	1) Mix all ingredients
1 1/2 tsp - ground cinnamon	2) Place all ingredients in a baking dish and cook in a 350-degree oven until peaches are cooked through
1 1/2 tsp - ground allspice	
2 1/2 tsp - brown sugar	
1 1/2 tsp - butter	

Servings: 4-6
Serves: 8 & Enjoy

Fun Facts

The first peach orchard in the United States was in France in the 16th century. Georgia became known as the "Peach State" in the 18th century as it was the largest producer of peaches in the country. Peaches remain a popular ingredient in Southern cuisine today.

Peaches are a good source of vitamin C, fiber, and potassium, making them a sweet and healthy addition to any meal.

Peaches are available from each season, but they can also be found frozen if it is your preferred choice. Canned and frozen peaches are packed in peak freshness, which makes them a convenient choice.

For a variety of ways to enjoy peaches, visit our website at www.threerivers.org for a variety of recipes such as peach cobbler, peach cobbler brownies, peach cobbler bread, and peach cobbler pie.

Always get the name because the flavor depends on the variety of peach. Some are sweeter, some are tangier, some are juicier.



In this issue:

What's New in your Schools? Mood Boost Returns to our Elementary schools.

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



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This Month in Discovery Kitchen

January is the Great American Roadtrip month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. The Great American Roadtrip allows students to experience this great country through the power of food! We will take your students on journey through the quadrants of the U.S., where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country.

In January, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways to spark students' curiosity about agriculture and cuisines around the country.



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