



## March 2022 Nutrition News

### Daylight Savings, Nutrition, & Sleep

In March we start daylight savings time and “Spring Forward” for 2022. This means we have an extra hour at night, but we can lose an extra hour sleep. For most people it can be an adjustment. Here are some tips to get you through that transition.

- Get plenty of sleep beforehand in the nights that lead up to Daylight savings
- Set your clocks before you go to bed to avoid any timing mishaps on Sunday
- Exercise will help you to sleep at night. With more daylight there is more time
- Consume less caffeine a few days after daylight savings begins so your body can adjust to a regular rhythm of sleep
- Eat healthy avoiding heavy, spicy foods and caffeine that evening.
- Take a nap if necessary and don't over book your Sunday. A nap under 30 minutes can boost your alertness

Bottom line: Eat healthy, exercise, and get plenty of sleep each night.

Supply and demand is still 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](mailto:kim.putman@morrow.k12.or.us) or 541-481-2526 Ext. 2726.



**so** 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”



## Delivering on Student Well-Being

### March is National Nutrition Month

National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietician in order to develop and stick with a healthy eating plan.

### March 4 is National Employee Appreciation Day

A special thank you to our Nutrition Services staff. The cooks work hard, are flexible with changes, provide nutritious meals and put on a smile each day for our students. THANK YOU for all you do!



#### Crossroads Café (Secondary Schools)

Mac is Back featuring Beefy Mac, South of the Border Mac, Mac & Cheese, and Chicken Alfredo Mac.



**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.

March's Fresh Pick is SPINACH

### SPINACH Fun Facts

- March 26<sup>th</sup> is National Spinach Day
- To grow spinach, you need to provide cool and moist conditions. Spinach also thrives in sandy soil
- While eating spinach is healthy, it is even healthier to drink it. Throw a handful in your next smoothie!
- In the medieval days, artists used to extract green pigment from spinach to use as ink or paint

## It's All HISTORY

Spinach is thought to have originated from ancient Persia (modern day Iran) and then made its way to China when the king of Nepal sent it as a gift to the country. It was later introduced into Spain around the 11th century A.D. For some time, spinach was known as “the Spanish vegetable” in England because of how long it remained there and did not get distributed much further around Europe. In the 16th century, historical figure Catherine de Medici insisted on bringing along her own cooks to make spinach in her favorite ways every time she left her home town of Florence, Italy. Ever since, any dish prepared over a bed of spinach is referred to as “a la Florentine.”

## Let's Get Cooking

### SWEET SPINACH PASTA SALAD



#### INGREDIENTS:

- 1 C Pasta(uncooked/prefer farfalle)
  - 5 C Baby Spinach
  - ½ C Bell pepper(sweet/sliced in thin strips)
  - 1 C Grapes(halved)
  - 1 (10 OZ) Can mandarin oranges(drained)
  - Salt and pepper to taste
- DRESSING:
- 3 T Salad oil
  - 2 T Vinegar(prefer white wine)

#### DIRECTIONS:

Prepare pasta as directed and drain. Place pasta in medium bowl and combine remaining salad ingredients. In small bowl, mix dressing ingredients. When ready to serve toss desired amount of dressing with the pasta salad.





# freshpick review

freshpick  
for better health  
by sodexo

## 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!



## SPINACH LOADED LEAFY GREENS



Popeye had the right idea-- this is definitely a good veggie to be fond of. Although it may not produce instantaneous, bulging muscles like the cartoon image, there is no doubt this nutrient powerhouse packs one heck of a punch. Rich with all kinds of great nutrients and versatile for countless tasty recipes, every single leaf contains 19% of your daily recommended allowance of Vitamin A, for instance. There are several varieties of spinach which are divided up by categories based on their appearance. For instance, Denali, Hector, and Space are all types of flat or smooth leaf spinach. There are also several types of Savoy and Semi-Savoy varieties, but baby spinach is the most popular among American consumers. A far more nutritious alternative to lettuce, spinach is great for salads and sandwiches and also goes well sautéed with garlic, whipped into dips, stuffed in your favorite meats or even blended into a healthy juice concoction.

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](mailto:freshpick@ideaworksfoodmarketing.com).



## Nutrition NOTES

Spinach is a powerful way to up your daily vitamin intake—just one cup serving provides 56% of Vitamin A, 14% of Vitamin C, 5% of iron, and 3% of calcium. This leafy green won't disrupt your diet, either, there are only seven calories in a serving and 24mg of sodium. Studies show spinach can help protect the lining of the digestive tract from damage, and recent research on the link between vegetable intake and the risk of prostate cancer concluded that spinach, above all the others in the study – which included broccoli, cauliflower, cabbage, brussels sprouts, mustard greens, turnip greens, collards and kale—showed evidence of significant protection against the occurrence of aggressive prostate cancer. Spinach is also a great source of carotenoids and flavanoids which provide powerful antioxidant protection.

## Did You KNOW?

- Spinach leaves are 91% water.
- Spinach contains many anti-inflammatory ingredients.
- According to the USDA, Americans consume an average of three pounds of spinach a year.
- Spinach plants have greenish-white flowers found in clusters on a spike.

## By The NUMBERS

**90%** the amount of fresh spinach in the U.S. that comes from California, Arizona, and Texas.

**1,400**  
THE NUMBER OF SPECIES OF spinach known to exist

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