

CHILD NUTRITION PROGRAM NEWSLETTER



IDEA PUBLIC SCHOOLS

MAY / JUNE / JULY 2023

HELLO SUMMER

The 2022-2023 school year is coming to an end. We are so grateful that we had the opportunity to prepare nutritious and delicious meals for our students this school year.

We had a wonderful year celebrating National School Lunch Week, National School Breakfast Week, creating Harvest of the Month resources and videos and sharing photos and videos on the IDEA CNP Facebook Page!

Our staff will spend this summer training and preparing for the 2023-2024 school year so we can prepare more delicious meals when our students return in August.

We hope all our students and families have a safe, and fun filled summer.

See you in August!



FREE SUMMER MEALS

As part of IDEA's commitment to communities in our current regions, the Child Nutrition Program (CNP) will be participating in the Seamless Summer Option (SSO) meal program.

The SSO was created to ensure that nutritious meals continue to be available for ALL children during the summertime.

With this program we are able to provide free breakfast and lunch to all children, 18 years and younger, whether they are IDEA students or those from the community. No form of identification is required to receive a meal for SSO. Breakfast and Lunch will be available during the times and dates listed below:

May 30 - July 21

Austin
Brownsville
Houston
Midland / Odessa
RGV
San Antonio
Tarrant County
Baton Rouge

June 5 - July 21

Tampa Bay
Cincinnati

June 12 - July 21

Jacksonville

June 20 - July 21

El Paso

Breakfast: 7:30 am - 9:00 am

Lunch: 11am - 1pm

*Note: No meal service on the following days:
June 19, July 3-July 7*

Looking for menus?

Visit our website for the monthly menu
www.ideapublicschools.org/parents/cnp



This institution is an equal opportunity provider.



Nutrition Corner

Here are some great tips to help you stay healthy this summer!



Summer is the perfect time for outdoor activities and exercise! Follow these tips to avoid overheating.

- Exercise in the morning or evening, when it is cooler outside.
- Stay hydrated by drinking plenty of water.
- Wear lightweight, light colored, loose fitting clothing.
- Use broad-spectrum sunscreen and be sure to reapply as directed



Summer is the perfect time for eating outdoors. If you are eating or preparing you meals outside, be sure to practice food safety:

- Wash hands before, during and after preparing foods
- Keep cold foods cold, and hot foods hot to avoid bacteria growth
- Avoid cross contamination by washing utensils and cutting boards thoroughly
- Wash fruits and vegetables before cutting

IDEA Farms

Over the next few months, we will be featuring the following Farms on the IDEA CNP Facebook page

MAY IDEA BRIDGE

FARMER

KAYLEE DEYNZER

HARVEST

Irish Potatoes



JUNE IDEA EASTSIDE

FARMER

JAVIER GARZA

HARVEST:

RED LEAF LETTUCE



JULY IDEA SAN BENITO

FARMER:

PRICILLA CARBAJAL

HARVEST:

GREEN LEAF LETTUCE



Be sure to
"Like, Follow & Share"
"IDEA CNP" on Facebook for more
info about our amazing farmers!



Celebrate Fresh!

Celebrate delicious, nutritious foods with these National Food Holidays:

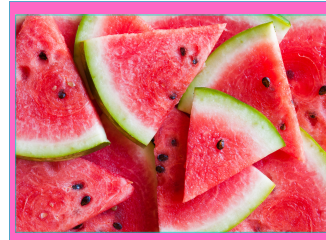
May is National Egg Month



June is National Dairy Month



July is National Watermelon Month



- Egg yolks are one of the few foods that naturally contain vitamin D.
- Eggs shells can be white, brown or bluish-green! It depends on the color of the hen's earlobes.
- Iowa leads the US in egg production, with 14.8 billion eggs produced annually.

- Every state in the U.S has a dairy farm!
- Milk contains essential nutrients: protein, calcium and vitamin D.
- Cheddar is the most popular natural cheese in the United States!

- The entire watermelon is edible, but most people only eat the flesh.
- Watermelons are made of 92% and 8% sugar.
- Watermelon is a good source of vitamin C, lycopene, and potassium.

Culinary Creation: Watermelon Strawberry Smoothie

We are celebrating National Dairy Month & National Watermelon Month with this refreshing smoothie!

You will need

- 1 cup Plain Greek Yogurt
- 3 cups frozen watermelon, seeds removed.
- 1 cup frozen strawberries
- 1 cup vanilla Greek yogurt
- 1/2 Tbsp. honey
- 1 cup milk of your choice

Servings:

Makes 3 (1 cup) smoothies

Using frozen watermelon helps to make this smoothie creamy, instead of watery!



Steps

1. Place all ingredients in blender. and blend on high until smooth.
2. If smoothie is thick, add add 1/4 cup more milk and blend.
3. Pour into glasses and enjoy immediately!

yummy



Did you know? Student Feedback Matters!



At IDEA CNP, we value student feedback. Throughout the school year we administer surveys to gather feedback from students about our menu offerings.

We are excited to share that during the 22-23 SY we received over 30,000 survey responses from our students and their families!

The feedback has been analyzed, reviewed and incorporated into our Fall 2023 Menu!

Thank you to our students and families for helping us improve our service with their feedback!

Your feedback really does matter & will continue to be an important part of our CNP program in the new school year.

Please continue to encourage your scholars to share their feedback with us!!

Find us on 

Search "IDEA CNP"

to Like, Share & Follow our page!



Food Intolerances vs. Food Allergies

Although the two sound similar, it is important to note that food intolerances and food allergies are very different.

FOOD INTOLERANCES

Affect your digestive system. People who suffer from an intolerance, or sensitivity, can't break down certain foods. They may develop gas, diarrhea and other symptoms. An intolerance or food sensitivity is not a life threatening reaction unlike some food allergies

FOOD ALLERGIES

Food allergies occur when your body has an immune response to certain foods. Common food allergies include milk, egg and peanut allergies. The best treatment for a food allergy is to avoid trigger foods

ACCOMODATIONS

If your child has a food intolerance or food allergies rest assured that we will accommodate their medically necessary dietary needs.

Visit our website for more information on Special Diets.

www.idealpublicschools.org/parents/cnp

Coming up..

School starts in August!
New Fall Menu will be posted July 25!