

CHILD NUTRITION PROGRAM NEWSLETTER

IDEA PUBLIC SCHOOLS

FEBRUARY/MARCH/APRIL 2025

Welcome to our Spring IDEA CNP Newsletter!

📢 **Team and Family!** 📢

As part of our ongoing commitment to promoting nutritious eating, we've developed a set of Nutrition Education Flyers to be displayed in key areas of our cafeteria. These informative and engaging flyers will help reinforce the importance of nutritious eating and provide valuable tips and insights for our entire school community.

☀️ The goal of these resources is to create a supportive environment that encourages nutritious food choices while raising awareness about the benefits of nutritious eating. Whether you're at school or engaging with your child at home, these tools will serve as a helpful reminder of the positive impact that balanced meals and mindful eating habits can have on overall well-being.

🌸 We believe that by working together as a team, we can inspire our students and families to make healthier choices, contributing to a stronger, happier school community.

Thank you for your continued support in fostering a culture of wellness and nutrition for our students!



NUTRITION FACTS

- HIGH IN FIBER - LIKE OATMEAL
- RICH IN FOLATE - LIKE BEANS
- POTASSIUM SOURCE - LIKE BANANAS
- ANTIOXIDANTS - LIKE BERRIES

RECIPE CORNER

PICKLED BEETS WITH DILL YOGURT
PART OF OUR WINTER LUNCH MENU

INCREASES BLOODFLOW TO HEART & BRAIN

EARLY AMERICAN COLONISTS USED BEETS TO CREATE PINK CAKE FROSTING

CAN HELP DECREASE BLOOD PRESSURE

CAN HELP DECREASE STRESS ON YOUR KIDNEYS

GROW BEST IN WARM REGIONS LIKE THE USA, MEXICO, GUATEMALA, AUSTRALIA & SOUTH AFRICA

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Looking for menus?

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





Why School Farms Matter?



School Farms are more than just a fun outdoor activity—they're powerful tools for enhancing learning, promoting nutritious habits, and building community. Here's why they matter:

HANDS-ON LEARNING!

Planting seeds, tending to growing plants, and observing the changes in the garden allow students to make real-world connections to science, math, and even art. Gardening teaches them about ecosystems, nutrition, and the environment .



NUTRITIOUS EATING HABITS!

When students grow their own food, they're more likely to develop an interest in trying new fruits and vegetables. School farms help foster an understanding of where food comes from, encouraging healthier eating choices both in school and at home. It's a fun, interactive way to promote nutrition education.

Community and Teamwork!

Create opportunities for students, farmers, and families to work together. Whether it's planting, weeding, or harvesting, gardening fosters a sense of teamwork and accomplishment.



ENVIRONMENTAL STEWARDSHIP!

Students become more conscious of how their actions affect the planet, gaining a greater appreciation for natural resources and the need to protect the environment for future generations.

IDEA Farms

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

FEBRUARY: IDEA RUNDBERG

Farmer:
Carlos Jimenez

HARVEST
Kale



MARCH: IDEA EASTSIDE

Farmer & Assistant Farmer:
Murienne Nunes & Elva Mendez

HARVEST:
Tomatoes



APRIL: IDEA DONNA

Farmer & Assistant Farmer:
Jaime DeAnda &
Neyra Tellez Rivera

HARVEST:
Zucchini



Be sure to

"Like, Follow & Share"

"IDEA CNP" on Facebook for more info about our amazing famers!





Celebrate Fresh!

Celebrate delicious, nutritious foods with these National Food Holidays:

February is National Cherry Month



- Cherries are rich in antioxidants, vitamin C, and fiber, making them a great choice for boosting immunity and promoting overall health.
- Known to help reduce inflammation, improve sleep quality (thanks to melatonin), and promote heart health.
- A member of the stone fruit family, which includes peaches, plums, and apricots.

March is National Celery Month



- With a high water content, celery is an excellent way to stay hydrated, especially on a hot day.
- Linked to benefits like improved digestion, reduced inflammation, and even lower blood pressure due to its potassium content.
- A member of the Apiaceae family, which also includes carrots, parsley, and dill.

April is National Garlic Month



- Linked to improved heart health, reduced blood pressure, and enhanced immune function. It's also known for its natural antibacterial and antiviral properties.
- For centuries, garlic has been used as a natural remedy to fight infections, reduce inflammation, and support detoxification.
- Belongs to the Allium family, which also includes onions, leeks, and shallots.



Culinary Creations: Creamy Kale & Mushroom Pasta



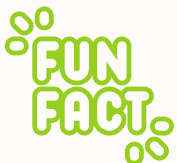
INGREDIENTS

1. ¼ c olive oil
2. 1 tbs minced garlic
3. 8 oz sliced mushrooms
4. ¼ c flour
5. 1 1/2 cup evaporated milk
6. 1 bunch of kale, cleaned, de-stemmed, and chopped
7. Salt & pepper to taste
8. 1lb of your favorite pasta, cooked

COOKING INSTRUCTIONS

1. Heat a medium sized skilled on med-high heat and add oil.
2. To the hot oil, add the garlic and cook for about a minute until fragrant.
3. Add mushrooms, stir and sauté.
4. When mushrooms have softened, add the flour and continue mix it into the mushrooms and oil in the pan. Cook for 3 minutes and turn the heat down to medium.
5. Using a whisk, mix in the evaporated milk and continue stirring until the flour is completely incorporated. As the sauce cooks, it will begin to thicken.
6. Mix in the kale and cooked pasta.
7. Continue to stir ingredients until the sauce thickens to preferred consistency
8. Top with freshly grated parmesan cheese

***Note: Pasta can be added either cold or warm



This recipe is featured in our
Harvest of the Month for
February!

Want more cookbook
recipes?
Scan the QR code or visit
https://issuu.com/ideapublicschools/docs/cookbook_2024_final





National Nutrition Month



March is **National Nutrition Month**, a time to raise awareness about the importance of making informed food choices and developing nutritious eating and physical activity habits.

This annual celebration, encourages individuals, families, and communities to focus on making balanced, nutritious decisions that support overall well-being.

- National Nutrition Month focuses on creating a sustainable, healthy future by making mindful food choices today. It's about choosing nutrient-rich foods that support personal health while also considering the impact of those choices on the environment.
- This month is a reminder that nutrition is an essential part of living a healthy life. Use National Nutrition Month as an opportunity to reflect on your own food choices, try new recipes, and commit to taking small steps toward better health every day!

Healthy Habits

Eat fruits and vegetables



Try new colorful fruits and vegetables for a healthy and balanced diet.

Drink plenty of water



Water is the best choice for your body.

Get enough sleep



Get enough sleep for your overall health and well-being.

Get active every day



Stay active and make physical activity part of your daily routines.

Find us on 

Search "IDEA CNP"

to Like, Share & Follow our page!



Coming up..

Get ready to celebrate National School Breakfast Week! Join us as we celebrate the importance of a nutritious, balanced breakfast for students. It's the perfect time to highlight the role that breakfast plays in fueling a successful school day.

March 3rd - March 7th, 2025!



Special Diets: How to Spot an Allergen

1

Read Ingredient Labels

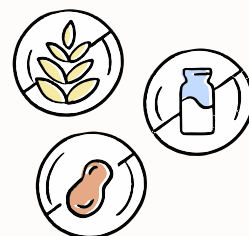
Always check the ingredient list for common allergens like peanuts, dairy, eggs, soy, wheat, and others. Look for phrases such as “contains” or “may contain” to help quickly identify if it contains any of the Top 9 allergens.



2

Always Do a Double Take

Be extra cautious with prepared and packaged foods like snacks, baked goods and deli meats as they could contain hidden allergens like nuts, wheat or milk. Also, be aware of ingredient changes between regular and mini size servings as they often use things like gluten to help with structure and texture in smaller sizes.



3

Ask Questions

Review the menu in advance and call head to ask about ingredients and cross-contact risks when eating out as allergens and always inform your waiter about any food allergens as they can hide in things like sauces, spice mixes and marinades that may not be listed on the menu.



4

Cross-Contamination

Be mindful of products made in shared facilities that could come into contact with known allergens. Look for phrases such as “processed in a facility”, “produced on a shared line with” or “manufactured in a facility with” on food labels.



By staying vigilant and informed, we can ensure a safer environment for all our students. Thank you for your continued support in helping manage food allergies!

Whether your student has food intolerances or food allergies, we can provide accommodation for medically necessary dietary needs.

Visit our website for more information on Special Diets.

www.ideapublicschools.org/parents/cnp



Non-Discrimination Statement

Texas, Louisiana and Ohio

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
fax:
(833) 256-1665 or (202) 690-7442; or
email:
Program.Intake@usda.gov

This institution is an equal opportunity provider.

Florida

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation in the administration of the snap program), disability, age, or reprisal or retaliation for prior civil rights activity.

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