

SOUTH EUCLID LYNDHURST

AVI FRESH NEWSLETTER

FLING INTO SPRING with some fresh healthy meals!

COOKING LOCAL, GOING GLOBAL SERIES

The Cooking Local, Going Global promotional series, which highlights different flavors from around the globe, is in full swing and has been well received by the students and staff. During the month of April, we will be showcasing a favorite Thai dish of Beef Noodles. In May, Mexican Fajitas are sure to set the taste buds sizzling. Both dishes will sure to be a hit in any country!

EAT MORE COLOR

Not only is it necessary to nourish our students but educating them about the importance of eating a variety of fruits and vegetables is just as imperative. Our year long promotional series, Eat More Color, accomplishes both of these.

During the month of April, we will be promoting the importance of eating white. Eating more white fruits and vegetables helps maintain healthy cholesterol levels, which, even at a young age is necessary. In May, we will be promoting the importance of eating more red. Red fruits and vegetables help lower risks of certain types of cancer. Ask your child which color tasted best!

SOUTH EUCLID LYNDHURST SCHOOLS RECEIVES AWARD

FARM TO FORK PROGRAM

The South Euclid Lyndhurst School District partnered with Red Basket Farm in 2010 and began serving a variety of produce from 59 miles away as opposed to the 2600 miles it was previously traveling. Since the program's implementation, the district, with the assistance of the Cuyahoga County Board of Health and Red Basket Farm, has received over \$20,000 to purchase salad bars for each building, plant a garden at the high school, provided farm tours and host Farm to Family night.

Drum roll please...

We are very excited to announce that the Farm to Fork Program at South Euclid Lyndhurst received the National Association of County and City Health Officials (NACCHO) Model Practices recognition! The selection of this program as a model practice means that it demonstrates exemplary and replicable qualities in response to a local public health need.

For a detailed look into the Farm to Fork program at South Euclid Lyndhurst School District, go to YouTube and search **"Farm to Fork in the South Euclid-Lyndhurst schools"**.

LEARN



- Choosing 100% whole wheat bread over white bread can add approximately 3 grams of fiber to your sandwich.
- Use low-fat cheese or eliminate cheese and add extra tomatoes, lettuce, alfalfa sprouts or zucchini to increase the amounts of Vitamins A and C in your diet.
- Use low-fat or fat-free mayonnaise. To help control the amount you consume, ask for it on the side.
- Try to avoid lunch meats such as bologna, salami and pepperoni which are processed and are high in fat. Choose lean roast beef, chicken or turkey breast instead.
- Lunch meat has approximately 300-400 mg of sodium per slice. The tolerable upper intake level for sodium is no more than 2,300 mg per day.

Simple Choices

- Choose mustard over mayo to save 100 calories and 10 grams of fat per 2 tablespoons.
- Choose to go cheese-free saving 100-120 calories and 7-10 grams of fat per slice of cheese.



For more facts and information please visit AVInutriSOURCE.com

FUN FOOD FACT:

Limit sugary and caffeinated beverages. These beverages may not fill you up, but they sure can help fatten you up and have a detrimental effect on your overall health.

