

SOUTH EUCLID-LYNDHURST

AVI FRESH NEWSLETTER

SNEAK PEAK!

Check out the upcoming school lunch promotion.

COOKING LOCAL, GOING GLOBAL SERIES

The Cooking Local, Going Global promotional series will feature food demonstrations by a local chef, highlighting different flavor profiles from around the globe. In December, our chefs will create a Peruvian style stir fry before we break for the holidays.



EAT MORE COLOR

Eat More Color is our year long promotional series focused on the importance of eating a variety of fruits and vegetables. Throughout the year we will talk about the benefits of adding more color to your student's diet.

In December, we will be promoting the importance of eating more yellow. Yellow fruits and vegetables help strengthen your heart! Be sure to check out the recipe cards that come home each month to see the tasty treats that you can make!



WARM UP WITH US THIS WINTER!

LOTS OF TREATS TO KEEP YOU COZY!

Winter will be here soon enough, and we will be looking to add more seasonal items to the menu to help keep you warm during the cold winter months. Besides toasty comfort foods and hot fresh soups that will be offered, we want to know what else would satisfy your tastebuds during these cold winter months. So, if you have any suggestions for menu items, we would love to know them. We invite you to come stay warm with us!

GIVING THANKS, GIVING BACK!

During the month of December, the cafe team members will be "adopting" 4 families. We will be donating clothes and toys from a list that is supplied by each family. Each team member will bring one or two items that is requested depending on the family they choose.

The cafe team members are also assisting with the Holiday Family Food Drive that is sponsored by the student government. The kitchen purchases the food for the families, then it is boxed up and the families come to the school to pick it up; which at that time they can meet the student body.

LEARN

GRAINS AND WHOLE GRAINS?



Grains are a food group that Americans eat on a daily basis. The most common form of grains consumed are simple carbohydrates like donuts, muffins, bagels and white breads. Whole grains are a better source of fiber and contain important nutrients such as potassium, selenium and magnesium. Whole grains are always the better choice.

Whole grains have not had their bran or germ removed by the milling process, making them a better source of fiber. Fiber is the part of the plant your body does not digest. A high fiber diet can help lower your risk of heart disease, cancer, diabetes and the development of diverticulitis.

Refined grains, such as white rice or white flour have both the bran and germ removed from the grain during the milling process. Although vitamins and minerals are added back into refined grains to make them more nutritious after milling, they still don't have as many nutrients, or provide the same amount of fiber as whole grains do.

These are some common whole grains: barley, brown rice, buckwheat, bulgur, oatmeal, whole wheat bread and wild rice.



For more facts and information please visit AVInutriSOURCE.com

FUN FOOD FACT:

Did you know there are over 15,000 varieties of rice?

