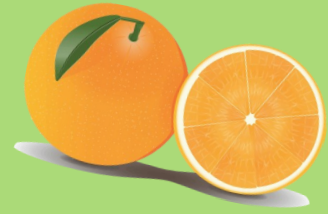




# The SQUEEZE



WHERE YOU GET THE JUICE!

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## Recipe of the Month **Celebrate National Nutrition Month !!!**

### Easy Hummus

#### Ingredients

1 clove garlic

1 (19 ounce) can garbanzo beans, half the liquid reserved

4 tablespoons lemon juice

2 tablespoons tahini

1 clove garlic, chopped

1 teaspoon salt

black pepper to taste

2 tablespoons olive oil

#### Directions

In a blender, chop the garlic. Pour garbanzo beans into blender, reserving about a Tbsp. for garnish. Place lemon juice, tahini, chopped garlic and salt in blender. Blend until creamy and well mixed.

Transfer the mixture to a medium serving bowl. Sprinkle with pepper and pour olive oil over the top. Garnish with reserved garbanzo beans.



National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition. Chico Unified is celebrating National Nutrition Month by encouraging students to join us for breakfast and start their day fueled up and ready to rock!

Studies show that eating breakfast everyday is important in maintaining a healthy body weight. By starting your day with a healthy breakfast, it will make them you likely to eat high-calorie snacks during the morning. Eating a well balanced breakfast improves their intake of fiber, vitamins and minerals, especially iron and vitamin; these nutrients are essential in a balanced diet. In fact, a good breakfast provides one-fourth to one-third of the day's energy and nutrient needs. Also, people who eat a healthy breakfast tend to show improved performance, longer attention span and better attendance.

Skipping breakfast will often make you feel tired, restless or irritable by mid-morning. By eating breakfast, you will have energy throughout the morning to concentrate and be productive. So have your student join us for fresh made breakfast every day! Check out our menu at [www.chicousd.org](http://www.chicousd.org)!

**COME JOIN US!!!**

<http://www.nourishinteractive.com> <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>



### HARVEST OF THE MONTH **ROASTED CHICKPEAS**

Beans, also known as legumes have been a source of nutrition for mankind for a long time. The oldest-known domesticated beans in the Americas were found at an archaeological site in Peru, and dated to around the second millennium BCE

Unlike the closely related pea, beans are a summer crop that need warm temperatures to grow. Maturity is typically 55-60 days from planting to harvest.

Beans need plenty of sunlight to develop properly. If the plants are shaded for an extended part of the day, they'll be tall and weak. They'll be forced to stretch upward for more light, and they won't have the energy to produce as many beans. The bean plant produces nice, showy flowers, and within each one is everything that's necessary for pollination, fertilization and beans. Once this

**HOTM** happens, the harvest isn't far off. Although beans love sun, too much heat reduces production. Bean plants prefer 70°F to 80°F after germinating.

### EAT THIS not THAT **SPRING BREAK**

Ah, spring break! That wonderful time of year where we get together with friends and family to welcome the time of year that brings life and warmth. Here are a couple ways to survive your spring break without a set-back on all of your hard work since January!



Don't skip breakfast! Balancing out your blood sugar first thing in the morning with a protein packed meal will keep you focused and fueled for your day.



Have fun but not TOO much fun. Be aware of your indulgences! When it comes to treats keep it to one or two. That way you will still get the satisfaction of enjoying your treat but not feel like you blew all of your hard work.

Brought to you by CUSD Nutrition Services 2455 Carmichael Drive Chico CA 95928