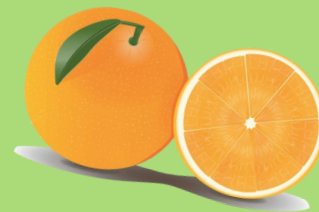


# The

# SQUEEZE



## WHERE YOU GET THE JUICE!

Volume 2 Issue 7 March 2018

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

#### Root Veggie Chips Baked!!!

##### Ingredients

- 1 medium – sweet potato
- 1 medium – beet
- 1 medium – Rutabagas
- 1 medium – turnips
- 1 medium – parsnips
- 1 tablespoon – olive oil /
- teaspoon – salt

##### Directions

1. Wash, peel and thinly slice vegetables (to 1/8 inch or thinner).
2. Place all veggie slices in a bowl and drizzle with olive oil.
3. Arrange slices on a cookie sheet and sprinkle with salt.
4. Bake at 400 degrees for about 30 minutes, or until your veggies are crispy, but not burned



<https://www.superhealthykids.com/root-veggiechip/>

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!!!** [www.nourishinteractive.com](http://www.nourishinteractive.com)

#### HARVEST OF THE MONTH ROOT VEGETABLES

Hearty and nourishing, roots and tubers have been important foods for thousands of years. Roots are parts of a plant that usually grow downward, anchoring the plant into the ground, where they absorb moisture and nutrients. Examples of root vegetables include beets, carrots, celeriac, parsnips, sweet potatoes, and turnips. **HOTM**


Tubers form at the base of roots, and store energy in the form of starch to support new stem growth for the plant. Examples of tubers include potatoes, Jerusalem artichokes, jicama, and yams.


Folate, vitamin C, beta carotene, antioxidants, phytochemicals, fiber, enzymes... these are just a few reasons why including root veggies in your diet is beneficial! And if there is one way that I think is the easiest to get your kids to eat them, it's sliced thinly and baked, just like chips!



#### **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