



FUEL for SCHOOL

Spring 2023 • Nutrition News & Activities from your Gonzales ISD Food Service Dept.

Remaking Snacking Habits

Snacking has become an all-day habit for many Americans and is on the rise among kids and teens as well. Over 27% of daily calories now come from empty calorie snacks. Salty snacks, candy, desserts and sweetened beverages are the major sources of between-meal eating.

The good news is that snacking done right can improve nutrient intake, energy level and overall health. A winning strategy is to view snack time as a chance to add more fruits and vegetables combined with smaller portions of protein and grain-based foods.

Having lots of healthy choices available will guide hungry kids toward better eating habits. For young athletes, timing is a key factor. A smaller snack before physical activity followed by a more substantial recovery snack following workouts can improve physical performance.

A Dozen Healthy Snacks

1. Apple slices and peanut butter
2. Sweet colored bell pepper slices, whole wheat pita, and hummus
3. Edamame and whole grain crackers
4. Cottage cheese mixed with avocado chunks & cherry tomatoes
5. Celery stuffed with almond butter
6. Strawberries and Greek yogurt topped with chopped nuts or healthy granola
7. Turkey jerky and carrot sticks
8. Pistachios and grapes
9. Hardboiled egg and cucumber slices
10. ½ tuna sandwich on whole grain bread and 2 clementines
11. Cherry tomatoes, basil leaves and mozzarella cheese chunks on a skewer
12. Whole corn tortilla spread with refried beans, topped with grated cheddar and salsa

Snacking at School

The Food Service department at Gonzales ISD supplies a healthy snack to over 120 students participating in the ACE program four days each week. Fresh fruit, 100% juice and whole grains are staples of the snack menu.

Take Five for Fitness

Let's Play Ball!



Ball handling skills can aid children of all ages in developing eye-hand coordination, fine and gross motor skills and overall fitness. Sitting on large stability balls contributes to balance and core strength. There are so many ways to have fun playing with various types of balls. Examples of ball skills include:

- Throwing
- Catching
- Rolling
- Dribbling
- Kicking
- Aiming for a target



These skills are also precursors to success in a variety of youth sports. Everyone from tots to teens (to adults!) can "have a ball" with balls!

Nutrition Know-How

Pump up the Potassium!

Potassium is needed for muscle contractions, fluid balance and a healthy heart and nervous system. A diet rich in potassium promotes bone density, prevents high blood pressure and lowers the risk of stroke. Most kids and teens need about 2500-3000 milligrams daily. For more information, visit

<https://ods.od.nih.gov/factsheets/Potassium-Consumer/>.



Fruits, vegetables, legumes and dairy foods are the best food sources of potassium. Potassium-rich foods include dried fruits (raisins, apricots),

beans, lentils, potatoes and sweet potatoes, winter squash (acorn, butternut), spinach, broccoli, avocado, bananas, oranges, tomatoes, milk, yogurt, chicken, salmon, tuna, cashews, almonds, and peanuts.



FUEL for SCHOOL

Spring 2023 • Nutrition News & Activities from your Gonzales ISD Food Service Dept.

Fruit & Veggie Spotlight: Mango & Sweet potatoes



Mango

Mangoes originated in Southeast Asia and India, where references to the fruit are documented in Hindu writings dating back to

4000 B.C. Today, mangoes are grown in many tropical climates, with the U.S. getting mangoes primarily from Mexico and South America. One cup of fresh mango cubes provides an excellent source of vitamin C and a good source of fiber, folate, vitamin A and vitamin B6. Mango can be enjoyed fresh, frozen or dried. This delicious fruit can be enjoyed in smoothies, salads and even as a complement to savory dishes such as the salsa recipe at right.

Sweet Potatoes

Sweet potatoes are a nutritional powerhouse. One medium sweet potato contributes fiber and a host of nutrients, including vitamin B6, vitamin A, vitamin C, potassium and manganese. They are highly versatile and play a starring role in both baked goods and savory dishes. Try them mashed, boiled, roasted or sautéed for an easy, nutrient-packed side dish.

Sweet Potato Resources
Recipes & Info
<https://tinyurl.com/2app8asm> (Eng)
<https://tinyurl.com/2p8vk8yn> (Spanish)
Coloring sheets
<https://tinyurl.com/s8hd958p> (Eng)
<https://tinyurl.com/ycx9wf6r> (Spanish)



Recipe Roundup



Mango Black Bean Salsa

- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (7 ounces) whole kernel corn with peppers, drained
- 1 medium mango, peeled, seeded and cut into 3/4-inch cubes
- 1/4 cup finely chopped onion
- 1/4 cup coarsely chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon garlic salt
- 1/4 teaspoon ground cumin

Directions:

In medium bowl, combine all ingredients. Use as a topping for grilled white fish or chicken or serve with whole corn tortilla chips.

Serves 8

Easy Roasted Sweet Potatoes

Preheat oven to 425°F. Scrub sweet potatoes well and chop into 1 to 2 inch chunks. Spray or coat lightly with olive oil, add desired seasonings* and place on a parchment lined baking sheet. Bake for 30 minutes or until browned and tender.

*Seasonings can range from sweet (e.g. cinnamon, cardamom, pumpkin pie spice) to savory (e.g. salt & pepper, garlic, cumin, cayenne, chili powder, paprika, curry, rosemary)

Produce Power at School!

Did you know that fruits and/or vegetables are a feature of the school breakfast and lunch choices every day? Encourage your child to pick a fruit or vegetable at every meal and snack.