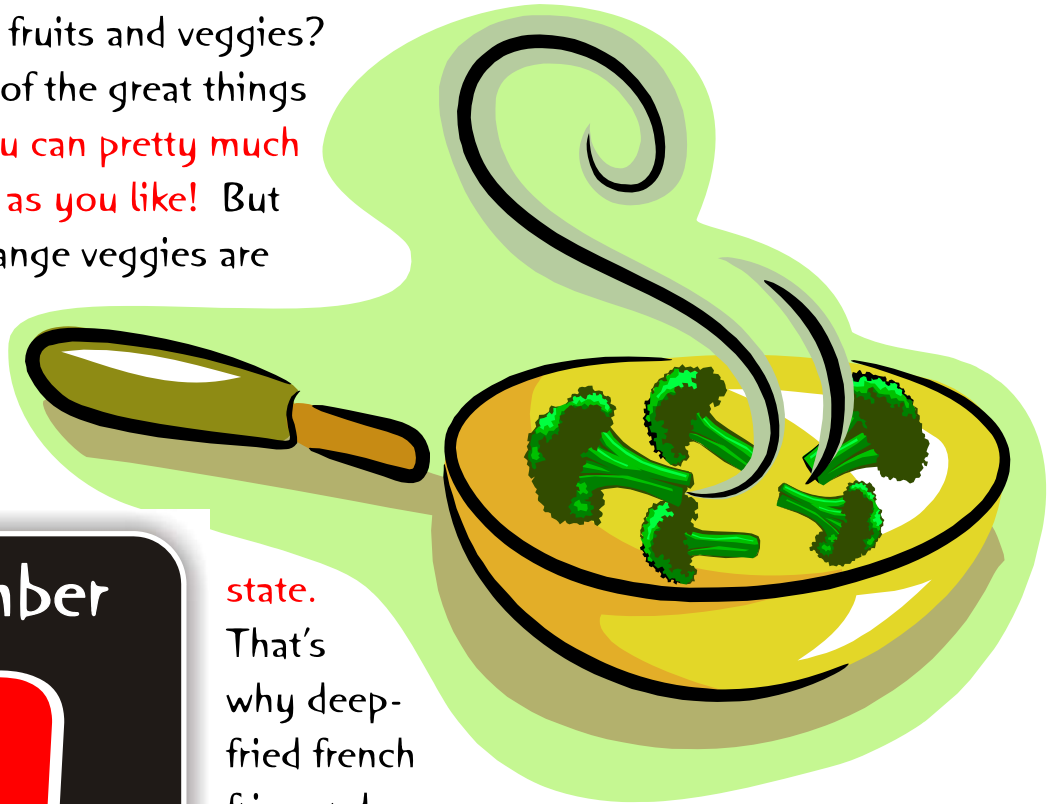


DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! That's one of the great things about eating healthy -- **you can pretty much eat as much fresh produce as you like!** But remember -- green and orange veggies are healthiest, and all veggies are best for you when they're **as close as possible to their natural**



the big number

31

A cup of fresh broccoli contains just 31 calories but 2.4 grams of fiber, 80 mg vitamin C and virtually no fat.

state.

That's why deep-fried french fries and breaded, fried onion rings don't really qualify as vegetable servings. And try to make sure you **don't always smother all that fresh, natural goodness** in cheese sauce or sugar or salt or syrup. A little olive oil on some sauteed fresh broccoli is fine, and broccoli steamed crisp with fresh-ground pepper is even better. But drenching your veggies in butter? **Not so good.**

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This newsletter is provided as a wellness resource by Allendale Public Food & Nutrition Program

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"DON'T GET SAUCY"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

APPLE



Apples supply lots of fiber, and aren't sticky, so they're sometimes called "nature's tooth brush." Fresh apples are much more nutritious than apple juice, so if you have a choice, go for the whole, fresh fruit!

LIVE HEALTHIER



For healthy and tasty cooking, every kitchen should have a steamer basket or two! The basket sits inside a pot and allows vegetables (and other foods, like seafood) to sit above an inch or so of boiling water, so the food is cooked without sitting in the water. Steamed veggies are crisper, more colorful, and more flavorful, too. Plus, steaming allows the veggies to retain more of their vitamins, minerals, and other nutrients. Don't steam vegetables too long -- you want to eat them "al dente" -- with a little crunch!

LEARN EASIER

Eggs are a complete protein, they help your brain cells function properly, and they contain "choline," a substance that improves memory and motor function. If you like eggs, don't limit yourself to eating them in the morning -- for breakfast, snack, lunch, or dinner, eggs power your brain!



The key ingredient for great learning?

The recipe for great learning has many ingredients, but the most important one? That's easy: great education can't happen without great teachers. This month, we celebrate American Education Week, so we wanted to take the time in this space to say "thanks" to our teachers for all the hard work you do throughout the year. And we hope the work we do makes your job just a little easier. We believe that our job is to nourish bodies so that you can more easily do what you do so well -- nourish minds! Keep up the good work!

PLAY HARDER



Most kids love to run -- but not many of them like to run laps. That's why youth sports teams should always use creative ways to get kids in game shape and hold their interest. Small-sided soccer, for instance -- 2-on-2 or 3-on-3 -- helps kids work on skills and keeps them at the center of the action, and they also run a lot of laps without even realizing it!

School Meals
We serve education every day™