

SODEXO NEWS IN PISCATAWAY SCHOOLS

GETTING ENOUGH CALCIUM?

We know that Calcium is an important mineral for bone health, but how do we make sure we are getting enough? Dairy products are often first to come to mind when thinking about calcium rich foods. Milk, cheese, and yogurt are all part of the dairy group. When you are choosing dairy items for your family there are certain things to keep in mind. Choose items that are reduced-fat, low-fat or fat-free. A lot of dairy items have nutrients we need like calcium and protein but we can make healthier choices by limiting the amount of fat we are getting from our dairy products.

What about those of us who choose not to eat dairy or can't eat dairy foods? There are other food sources that can help us to get enough calcium in our diets. Did you know that certain foods are fortified with calcium? What this means is that certain foods like juice and cereal have calcium added to them (read the nutrition label for this information). Other food sources that have calcium are soy products like soy milk and leafy green vegetables like kale. See the picture to the right for more foods with calcium.

Here in Piscataway we offer low-fat and fat-free milk daily at breakfast and lunch. In addition, at the middle and high school level we offer fruit and yogurt smoothies and parfaits at breakfast. Yogurt bags are available daily at the elementary schools. We also serve a variety of vegetables weekly including broccoli and green leafy spinach.



Image from: www.precisionnutrition.com

Two Bean Soup with Kale!

Recipe adapted from: Cooking Light

Ingredients

3 tablespoons Olive Oil
1 cup chopped onion
1/2 cup chopped carrot
1/2 cup chopped celery
1/2 teaspoon salt, divided
2 garlic cloves, minced
4 cups vegetable broth divided
7 cups stemmed, chopped kale (about 1 bunch)
2 (15-ounce) cans no-salt-added cannellini beans, rinsed, drained, and divided
1 (15-ounce) can no-salt-added black beans, rinsed and drained
1/2 teaspoon freshly ground black pepper
1 tablespoon red wine vinegar
1 teaspoon chopped fresh rosemary

Directions

1. Heat a large Dutch oven over medium-high heat. Add olive oil to pan; swirl to coat. Add onion, carrot, and celery, and sauté 6 minutes or until tender. Stir in 1/4 teaspoon salt and garlic; cook 1 minute. Stir in 3 cups vegetable broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender.
2. Place half of cannellini beans and remaining 1 cup vegetable broth in a blender or food processor; process until smooth. Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining 1/4 teaspoon salt, vinegar, and rosemary.

Whether you're looking for an afterschool snack or a breakfast on the go this recipe will help you get more calcium in your diet!

Piscataway's Fruit and Yogurt Parfaits:

What you'll need:

1 12-14oz Cup
8oz Yogurt
1/4c- 1/2 c Fruit
Granola

Directions:

Place the yogurt in the cup, top with fruit and granola, serve!

Tips:

- Choose your child's favorite flavor yogurt
- Replace half the yogurt with greek yogurt to add more protein
- For young kids try granola bars on the side instead of granola so they can dip them in the yogurt!

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