



Iberia Parish School Board  
 Child Nutrition Program  
 Fall/Winter 2018

## NEWS NUGGETS

We would like to welcome our new Child Nutrition Supervisor: Catherine Herring. We look forward to working with her and wish her the best in her new position. Welcome!!!

All schools celebrated National School Lunch Week on Oct. 18, 2018 by sampling a new menu item: Stuffed Potato!! The students loved it and enjoyed prizes of pens and cups. The response was terrific and our Child Nutrition Staff worked hard to bring this week to a great success.



A special thanks to Mr. Niles Romero for opening his school for pictures and hosting our superintendent: Ms. Carey Laviolette. The decorations were beautiful and Jefferson Island Elementary showed everyone what school spirit is all about. Thanks again Mr. Romero and your staff at JIES!!!

**We want to wish Ms. Leah Savoy, our departing Child Nutrition Supervisor, much happiness and success in her new endeavor. We're hoping she pops in for visits.**

**Please remember to provide our department with a new diet modification form *each* school year if your child needs any diet changes due to a medical condition or allergies. It is the best way to guarantee the most up to date modifications while providing your child safe meals.**

**STUDENT NUGGETS:** *Impress your parents and friends by stepping up your nutrition vocabulary:*

**Dietary Fiber:** A type of carbohydrate that the body cannot digest, but has many overall health benefits. Fiber keeps food moving through the digestive tract and helps a person feel full after eating. Fresh fruits and vegetables are the best sources.

**Refined Grains:** Grains that have been milled, which removes the bran, germ, and important nutrients. Examples include white flour, white bread and white rice.

**Added Sugars:** Sugars and syrups that are added to foods or beverages when they are processed by food companies or prepared by you. An example is frosted cereals.

**Saturated Fats:** Fats that are usually solid at room temperature. It is shown on the Nutrition Facts Label, which is located on the food package. Bacon fat is an example since it is solid once cooled.

**Fortified:** Containing nutrients that have been added to foods that do not naturally contain them, such as milk fortified with vitamin D. Breakfast cereals are another example of this type food.

**Whole Grains:** Grains that contain the entire grain kernel – the bran, germ, and endosperm – and therefore have more nutrients than refined grains. Look for whole grain as the first ingredient.



### RECIPE: Trail Mix Chocolate Bark

2 c. chopped semisweet chocolate (or chips)

½ c. coarsely chopped salted peanuts

½ c. golden raisins

½ c. salted pretzel pieces

1. Line a 9 in. rimmed baking sheet with foil. (take care to avoid wrinkles)
2. Place chocolate in a medium microwave-safe bowl; microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted.
3. Combine peanuts, raisins and pretzels in a small bowl. Stir half of the mixture into the melted chocolate. Scrape the chocolate mixture onto the foil and spread it in a 9-inch square pan. Sprinkle with the remaining trail mix, pressing any large bits in. Refrigerate until set, about 30 minutes.
4. Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1-1/2 -inch pieces.

Serving Size: 1-1/2 inch piece

Cal: 63; Fat: 4 g; Fiber: 1 g; Pro: 1 g

### PARENT NUGGETS:

Schools get healthier when parents use their power>>> BY:

- \*\* **Start a conversation.** Ask who is working on ways to improve food or physical activity options and how you can help.
- \*\* **Let your kids see you making healthier choices.** Be their role model and encourage them all you can.
- \*\* **Make fundraisers healthier.** How about selling fresh fruit or holding a car wash or walkathon?
- \*\* **Sign up. Join in.** Volunteer for a project or join a parent's committee on wellness.
- \*\* **Start small and work with others.** Even small changes can make a healthy difference. Get started today at [TeamNutrition.usda.gov](http://TeamNutrition.usda.gov).

### TEACHER/STAFF NUGGETS:

Schools get healthier when teachers use their influence>> BY:

- \***Build nutrition and physical activity into your curriculum.** Take learning outside of the classroom to the school garden, gym or cafeteria.
- \***Everybody loves a little competition.** See what group spends the most time being physically active or eats the most vegetables at lunch.
- \***Don't use food as incentives or rewards.** Try giving nonfood prizes or privileges, like music or computer time.
- \***Walk the talk.** Let students see you making healthy food choices. Ask other teachers to join you for a walk or shoot some hoops- whatever works for you.

[TeamNutrition.usda.gov](http://TeamNutrition.usda.gov)