



# Cafeteria Connection

September 2018

Peaches are a good source of Vitamin C! New Jersey is the 4th largest producer of these fuzzy sweet fruits in the U.S., and Pennsylvania is not far behind at #5!

## Let's Get Local!

Did you know Jersey Fresh Farm to School Week is always the last week of September by law. With this celebration, the New Jersey Department of Agriculture highlights schools that connect with New Jersey farmers to purchase local produce for their school meals. The main goal of this week is to increase student consumption of healthy produce through school gardening, agriculture and nutrition education. Here are some Jersey Fresh ways to get involved in the fun:

Highlight Jersey Fresh Produce That's in Season- Advertise in season local produce such as Apples, Pears, Peppers, Squash and Sweet Potatoes throughout your school!

Try Taste Testing- The more a child tries a food the greater chance they have of liking it.

Try doing an Apple vs. Pear taste test and have students rate the different varieties they've tried.

Pair Something Old with Something New- Aim to incorporate local produce in dishes that are familiar to children. For instance, add some sautéed peppers into a pasta dish or different colors of local potatoes as your vegetable side.

Don't Let Leftovers Go to Waste- With local produce it can sometimes be hard to keep all of what you purchase. When in doubt share! Connect with art teachers for a great way to use produce that is either bruised or won't be used again. Whole foods like apples, peppers and pears are great to trace and color or even paint! Some produce like peppers can be cut, dipped in paint and used as cool stamps!

Prepared by: Lorraine Kunick, RDN  
Sources: fruitsandveggiessmorematters.org  
<http://www.farmtoschool.nj.gov>

## Mark Your Calendars...

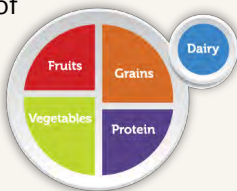
National Chicken Month  
National Food Safety Month  
National Rice Month

**Sept 22nd:** Autumn Begins

**Sept. 15th-Oct. 15th:** National Hispanic Heritage Month

## What Makes a Meal?

Each meal consists of **Five** components:  
Meat/Meat  
Alternate, Grain,  
Vegetable, Fruit,  
and Milk



## For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**

## Get Smart with Snacking

It's the start of a new school year! You may have a new teacher or new classmates, new homework assignments and new books...so don't get stuck in the same old snack routine.

Snacks are a great time to sneak in fruits and vegetables! Why not grab a handful of baby carrots and dip them in a delicious black bean dip? If you really want to spice things up experiment with different vegetables like jicama for a crunchy dipper with hummus. Fresh and frozen fruits such as strawberries or grapes are a great choice to dip in plain or vanilla Greek yogurt! Can you tell dipping is our favorite "snack-tivity"?

Just like a car needs gas to go, our bodies need food for fuel. Next time your stomach is rumbling try grabbing a balanced snack to get you through that snack attack and the school day!

Prepared by: Lydia Maggio, RD

## Chef Stephen's Peach Crisp

Serves 8

### Ingredients:

<b>Crust:</b>	
1 Cup	All Purpose Flour
1/2 Cup	Light Brown Sugar, packed
1/4 tsp.	Salt
1/2 Cup	Butter, cubed and chilled
<b>Filling:</b>	
2 Cans	Sliced Peaches, (15 ¼ oz. each) drained with juice reserved
1 Cup	Sugar, granulated
1/4 Cup	Cornstarch
<b>Topping:</b>	
1 ½ Cups	Old Fashioned Oats
1/2 Cup	Light Brown Sugar, packed
1/4 Cup	All Purpose Flour
1 tsp.	Cinnamon, ground
1 tsp.	Nutmeg, ground
5 Tbsp.	Butter, cubed and chilled

### Directions:

1. In a large bowl, combine flour, brown sugar and salt. Cut in butter until crumbly.
2. Pat into a greased 9-in. square baking pan. Bake at 350°F for 15 minutes or until lightly browned.
3. While baking drain the peaches and reserve juice in a small saucepan. Stir in the sugar and cornstarch until smooth.
4. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in peaches. Pour into crust.
5. For topping, combine the oats, brown sugar, cinnamon, nutmeg and flour. Cut in the butter until crumbly. Sprinkle mixture over filling.
6. Bake at 350°F for 25-30 minutes or until golden brown and bubbly.
7. Allow to rest 15-20 minutes. Serve warm with whipped topping for garnish.



Maschio's completed it's first harvest from Zip's Farm, where we have 2 dedicated acres for Farm Fresh Produce., in early July! We've already served farm fresh red and green lettuce in some of our schools!

Green Beans are a good source of Vitamin C, A, and K! They are also known as "string beans" or "snap beans."

