

OCTOBER 2021



## Happy, Healthy Halloween!

Candy is the crowd favorite, but there are so many alternatives you can mix in to keep the holiday delicious and nutritious. We've put together our top 3 favorites for you to share with your family this fall:

- Apple Nachos:** Thinly sliced apples topped with granola, drizzled with peanut butter, plus some semi-sweet chocolate chips.
- Flavored Popcorn:** Mix it up with ranch seasoning, grated parmesan, Italian seasoning, or even hot cocoa powder with mini marshmallows!
- Orange Snack Board:** Cheese sticks, cheese crackers, Mandarin oranges, sweet potato chips, carrot slices – the options are endless!

## Power Up with Super Foods

"Super Foods" can offer maximum nutritional benefits and are packed with vitamins, minerals, and antioxidants. These tasty and nutritious foods can power-pack your family's meals and snacks. Including super foods as part of a healthy, balanced diet can help you feel your best!

**10 Super Foods** to add to your family's regular shopping list:

- Avocados
- Berries
- Broccoli
- Carrots
- Cauliflower
- Lentils
- Seeds
- Tomatoes
- Walnuts
- Whole grains

## Farm-to-School

You've heard of farm-to-table, but what about farm-to-lunch table? Just like your favorite local restaurants, we also source our ingredients locally when we can.

The benefits of buying local are many, but here are a few of our favorites:

- Freshness:** Buying local, minimizes the time food spends traveling.
- Seasonality:** Buying produce in-season keeps costs down.
- Sustainability:** Supporting local growers, also supports local economies.

Source: <https://www.health.harvard.edu/blog/10-superfoods-to-boost-a-healthy-diet-2018082914463>

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

[rethinkschoolmeals.com](http://rethinkschoolmeals.com)