



FUEL for SCHOOLS

Summer 2023 • Nutrition News & Activities from your Gonzales ISD Food Service Dept.

Food Packing for Summer Fun

Whether you are planning a cross-country car trip or a picnic to the park, the food you pack can add to the fun as well as offer a health boost.

Pack Smart

When packing the cooler, place more durable items such as water bottles on the bottom and fragile items such as fruits and vegetables on the top. Save your back by packing all perishables in easy-to-tote soft-sided coolers. Organize the nonperishable items into separate shopping bags.



Keep Food Safe

Keep plenty of ice or refreezable ice packs in your cooler and make sure you enforce the use of hand washing or hand sanitizer before eating.

Packing Guide

Include family favorites from all five MyPlate groups. Below are ideas to get you started.

- Beverages: personal reusable water bottles, milk in individual containers, unsweetened tea
- Grains: whole grain crackers and mini-bagels, 100% whole wheat bread, whole corn tortillas, individual bags of popcorn
- Fruit: dried apple rings, dried mango, raisins, orange wedges, grapes, packaged apples slices, strawberries, fresh cut-up fruit (melons, pineapple, mango, etc)
- Vegetables: carrot sticks, whole pea pods, grape tomatoes, pepper strips, broccoli and cauliflower florets, veggie chips such as kale, sweet potato, bean or beet
- Protein: nut butters, hummus, lean fresh deli meats, tuna or salmon in pouches or pop-top cans, jerky (beef, turkey or salmon), pistachios, almonds, walnuts, peanuts, sunflower seeds, peeled hard boiled eggs
- Dairy: sliced cheese, string cheese, yogurt, bottled smoothies
- Other Items: plates, napkins, tableware, condiments, hand sanitizer, sun screen, first aid kit

Nutrition Know-How

Summertime Hydration

When the weather heats up, it is time to step up your fluid intake. Your body's main ingredient is water – on average 65% of body weight. For a child weighing 60 pounds, that is nearly 5 gallons of water!

Water is an essential nutrient with many important jobs in the body. It carries nutrients, oxygen and waste products through the bloodstream. Water maintains body temperature, lubricates joints and serves as a nice protective cushion for organs.



Keep your body hydrated with the following plan:

- Drink before you are thirsty! Especially in hot, summer weather, thirst sets in only after we are mildly dehydrated
- Carry a personal refillable water bottle with you and take at least a few sips every hour. If you are sweating heavily in the hot sun, grab a handful of salty nuts, seeds or pretzels to replenish body sodium.
- Avoid hydrating with sugar-based beverages such as soda, fruit drinks, sweetened tea and sugared sports drinks.
- In addition to drinking water and other beverages, we also *eat* a lot of our water. Fruits, vegetables, yogurt, milk, soup and many other foods supply water.
- The best way to tell if you are getting enough fluid is to check your urine. It should be clear to light.

When the School Year Ends, Summer Meals Begin!

Beginning June 1st, children and teens ages 18 and younger and enrolled students with disabilities up to 21 years old can continue to eat healthy throughout the summer at no cost at any participating meal site. To find a site, call 211, text FOOD to 304-304 or visit <https://squaremeals.org/Programs/Summer-Meal-Programs>



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Fruit & Veggie Spotlight: Avocado & Fresh Sweet Corn

Avocado



Avocado is unique in many ways. While most fruits are fat-free, avocado is filled with healthy, creamy monounsaturated fat. Heart-healthy avocados are also

packed with multiple nutrients and a variety of healthy plant chemicals.

There are so many ways to use avocado! Slice and include in sandwiches or salads, top Mexican dishes with guacamole, blend into smoothies, mix into deviled eggs or spread on whole grain toast.

Corn

Sweet corn is synonymous with summer! Yum!

Yellow corn is a source of fiber and vitamin C and supplies lutein and zeaxanthin, pigments which are important for eye health.

Sweet corn is considered a starchy vegetable on the MyPlate food guide and can be enjoyed fresh, frozen or canned.

When corn is allowed to fully mature, the hard kernels are processed into cornmeal and used in corn tortillas, corn bread and grits. The MyPlate food guide classifies both mature corn and popcorn as part of the grain group.

Corn Resources
Recipes & Info
<https://tinyurl.com/2vdh3fvh> (Eng)
<https://tinyurl.com/cyar3pzv> (Spanish)

Coloring sheets
<https://tinyurl.com/94j4mymk> (Eng)
<https://tinyurl.com/4mc4wkjb> (Spanish)



Recipe Roundup Cowboy Salad



Ingredients

- 2 cans (15 ounces each) black beans, drained and rinsed
- 1 ½ cups corn (fresh, frozen, or canned, drained and rinsed)
- 1 bunch cilantro, chopped
- 1 bunch green onions (about 5 green onions), chopped
- 3 medium tomatoes, diced
- 1 avocado, chopped
- 1 Tablespoon vegetable oil
- 2 Tablespoons vinegar or lime juice
- ½ teaspoon each salt and pepper

Directions

In a large bowl, combine all the veggies. In a small bowl, mix together oil, vinegar, salt and pepper. Pour oil mixture over veggies and toss lightly.

Serves 8

Source: <https://foodhero.org/recipes/cowboy-salad>

Start Simply with MyPlate

This summer, take time to visit the MyPlate site.

View recipes and resources to help your family eat better. The Start Simply app is a great tool for setting nutrition goals and keeping track of your progress! You

can learn more about the app by visiting

<https://www.myplate.gov/resources/tools/startsimple-myplate-app>

