

# QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER



AUGUST 2019



## Happy Harvest!

Did you know August is National Harvest Month? In spring the seeds were planted, through summer the crops were tended, and now, it's time to reap all of the benefits that a fall harvest can bring. Our nutrition team knows fresh is always best, which is why we strive to source seasonal produce from local farms to include in our menus.

## Eating Seasonally

A habit most of us get into is buying the same produce each week, regardless of the season... But buying seasonally means you're getting fresher ingredients with more nutrients. Here is a handy chart you can use during your next shopping trip. Don't get overwhelmed! Buy some family favorites but mix in a few seasonal items to start:



## Make a Seasonal Smoothie!



August 3rd is National Watermelon Day. Celebrate by pairing it with two other summer favorites, Peach and Pineapple, to make this seasonal smoothie\*.

### Ingredients

- 2 cups chopped seedless watermelon
- 1 cup crushed pineapple in juice, drained well
- 2 cups low-fat peach yogurt
- dash ground cinnamon
- 1/2 teaspoon vanilla extract

### Instructions

Blend ingredients together in a blender until smooth and serve immediately.



### Fruits

Apricots  
Cherries  
Melons  
Figs  
Berries  
Pears  
Peaches  
Nectarines  
Grapes

### Vegetables

Radishes  
Asparagus  
Corn  
Cucumbers  
Tomatoes  
Peppers  
Mushrooms  
Lettuce

## Celebrate National Harvest Month as a Family

Find a local farmer's market and have every family member choose one fruit and one vegetable



\* Source: <https://www.watermelon.org/Recipes/Watermelon-Pineapple-and-Peach-Smoothie>

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