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November National Food Days

11/2– Deviled Egg Day
11/3– Sandwich Day
11/5– Doughnut Day
11/6– Nachos Day
11/8– Cappuccino Day
11/10– Vanilla Cupcake Day
11/11– Sundae Day
11/14– Guacamole Day
11/15– Clean Out Your
Refrigerator Day
11/17– Baklava Day
11/18– Apple Cider Day
11/23– Eat a Cranberry Day
11/25– Eat with a Friend Day
11/27– Thanksgiving Day

Taken from www.foodimentary.com

Healthier Habits

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A Word from the Dietitian...

The routine of another school year is under way and the holiday season is fast approaching. This school year brought more changes to school meals and foods that can be sold to students during the school day.

In the past couple of years, new nutrition requirements have been set by the USDA and schools must follow these requirements in order to receive USDA funds for school meals.

These nutrition requirements seek to provide students with

healthier choices in the cafeteria including whole grains, as well as more fruits and vegetables. Regulations also provide age-appropriate calorie and sodium limits.

I am in my third year working with schools. Some of you may be familiar with me and my newsletters by now. For others, my newsletters and I are something new.

I am a registered dietitian contracting with your school corporation. My job is to help food service managers and directors follow the new re-

quirements to provide students with age-appropriate, nutrient-rich meals.

I graduated with my BS in Dietetics from Purdue University and then completed my Dietetic Internship at Indiana University-Purdue University of Indianapolis. My passion is teaching others about nutrition and a healthy lifestyle and I am glad to be partnering with your school and community to do just that. 🍎

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Smart Snacks in Schools

You have probably seen some changes in some of the foods available during the day at your school this year.

Starting this year, school year 2014-2015, all foods sold at school during the school day must meet nutrition standards. The USDA has titled these new standards “Smart Snacks in Schools.”

These standards apply to foods sold a la carte, in school stores, and in vending machines.

All foods



sold during the school day must:

- Be whole grain-rich; or
- Have a fruit, vegetable, dairy product, or protein food as the first ingredient; or
- Contain at least 1/4 cup fruit or vegetable; or
- Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber.

Foods must also meet certain nutrient requirements including calorie limits, sodium limits, fat limits, and sugar limits. There are also specific requirements for

beverages.

For more information about Smart Snacks in Schools visit <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

If you would like to see if your favorite snack meets the requirements to be sold in school, use the handy online product calculator:

<http://tools.healthiergeneration.org/calc/calculator/>



If you would like to learn more about the USDA's lunch and breakfast requirements, please visit www.traytalk.org.

Healthier Habits

What's in a Thanksgiving Dinner?

When you think of Thanksgiving Day, you probably think of food. Different foods contain a variety of nutrients. What nutrients are in your Thanksgiving Dinner?

Turkey

Turkey is a great source of protein which functions as building blocks for bones, muscles, cartilage, skin, blood, enzymes, hormones and vitamins! Turkey is also low in fat. It is a source of iron, zinc, and B vitamins. Iron is used to carry oxygen in the blood. Zinc helps the immune system function properly. B vitamins help our bodies to release energy and build tissues.



Mashed Potatoes

Potatoes are a starchy vegetable. They are packed with carbohydrates, vitamins, minerals, and fiber! A potato contains more potassium than a banana. Potassium may help to maintain healthy blood pressure and reduce the risk of heart attack or stroke. Consider making your mashed potatoes with the skin on. The skin

contains most of the fiber, potassium, and other nutrients.

Sweet Potatoes

Sweet potatoes are a red/orange vegetable. Just like white potatoes they are high in potassium. They are also high in vitamin A like other red/orange vegetables. Vitamin A keeps eyes and skin healthy. It also can help protect against infections.

Cranberries

Cranberries are a great source of antioxidants. They also contain vitamin C and fiber. Antioxidants may prevent or delay some types of cell damage.

Pumpkin

Pumpkin is considered to be a red/orange vegetable for nutrition purposes. Like other red/orange vegetables, such as sweet potatoes, pumpkin is rich in vitamin A.

www.nlm.nih.gov
www.choosemyplate.gov
www.eatright.org/kids

Easy Homemade Applesauce

Celebrate fall and make this easy dish for a side, dessert, or breakfast!

Ingredients

- 6 apples, washed, quartered, and cored
- 1/4 cup water or apple juice
- 1/8 tsp. cinnamon
- 3 Tbsp. brown sugar

Directions

1. Cut the apples into bite-size chunks.
2. Put apples into a glass or microwave-safe dish that can be covered.
3. Add the water or apple juice, cinnamon, and brown sugar to the apples; mix.
4. Cover and microwave on medium-high for 4 minutes. Stir, then cook 3 minutes more. Check for doneness. (Apples should be about half-cooked but still firm. They will soften more as they stand.)
5. Allow apples to cool; serve warm or cold.



Hints:

- You can peel the apples if you want a softer applesauce.
- If you prefer mushy applesauce, add the sugar after cooking. For chunky applesauce, add the sugar before cooking like in the recipe above.

Recipe adapted from *Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook* 2nd Edition by Elynn Satter