

August Nutrition Newsletter

National School Lunch Program

School lunches are healthier than ever! The National School Lunch Program lunches provide one-third or more of the recommended levels for key nutrients. All our grains are whole-grain rich and our milk is low-fat or fat-free. We're reducing the sugar, sodium, and artificial colors in our menu items. Studies show that school lunches are more often "healthier" than those brought from home because they include all components of MyPlate and they are often less expensive. Several of our rotating menu options are sourced from Florida all year long such as our collard greens, mushrooms, milk, yogurt, and beef patties. More are added as they come into season.

Okra in August

Florida okra is harvested from March-November. When okra is cut, it releases a sticky substance with thickening products, which is why a large quantity of fresh okra is sold to soup companies. One cup has only 35 calories, but 4 grams of fiber which promotes heart health.

Okra and Corn Saute

Ingredients:

- 2 cups okra, sliced
- 1 cup celery, chopped
- ½ cup onion, chopped
- 2 tbsp. olive oil
- 1 cup corn kernels
- 1 cup tomatoes, seeded and chopped

Directions:

- Saute okra, celery, and onion in olive oil for 5 minutes.
- Add the corn and tomatoes, reduce heat, cover and simmer for 15 minutes.
- Serve warm.

<https://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/Living-Healthy-in-Florida/Healthy-Learning/All-About-Florida-Products/Okra>