

September Nutrition Newsletter

As You THINK about School for 2019, THINK FOOD

A new school year is always a fresh start and a chance to learn and look at things from a new perspective. We are helping students take a fresh look at the nutrition offerings in their school by highlighting how school cafeterias are transforming across Florida – and how those changes are helping children like yours. Students can experience fresh ingredients from Florida in school lunch meals, resulting in elevated academic performance and increased energy and focus.

Our revitalized menu boasts rich whole grains, fresh fruits and delicious vegetables. Why spend time packing their lunch, when students can choose from a variety of wholesome ingredients at school? You can even see what they're getting by downloading the NutriSlice mobile menu app! There, you'll see what is being offered at school each day, along with the nutritional information and possible allergens. Visit <https://leon.nutrislice.com/> for more info.

We hope to inspire students to not only engage with their food and where it comes from, but also understand the value in choosing a lunch that will give them the energy and focus they need. When students know that they can receive fresh ingredients and refuel for the rest of their day, choosing lunch at school will just make sense.

We hope parents and students will join us in rethinking old notions about the school cafeteria and showing families why choosing the right lunch matters. Visit FreshFromFlorida.com/ThinkFood to learn more.

Muscadines

Available in late July to early October, these gems are native to North America and characterized by their thick skin and prevalence of seeds. This hardy grape is resistant to insects and diseases. They are easy to grow in your own backyard without the use of pesticides. They are an excellent source of calcium, phosphorus, polyphenols, and potassium and also contain antioxidants and vitamin C. Scuppernongs are a variety of muscadine.

Roasted Muscadine Grapes

Ingredients:

- 1 pound or 4 cups muscadine grapes
 - 1 tbsp extra virgin olive oil
 - 2 tbsp balsamic vinegar
 - 2 3"-4" sprigs rosemary
1. Preheat the oven to 425°F. Line baking dish with parchment paper and set aside.
 2. Slice each muscadine in half and flick out any seeds. Place the grapes on the pan.
 3. Pour the olive oil and vinegar over the grapes. Add the rosemary. Toss to combine.
 4. Make sure the grapes are in a single layer and then roast in the oven for about 30 minutes or until the grapes have slumped down and begun to give off some liquid.
 5. Discard the rosemary and serve the grapes, making sure to include the syrupy pan juices. Grapes can be served warm or allowed to cool first.

<http://pleasepassthepeas.com/roasted-muscadine-grapes/>