

Earth DAY

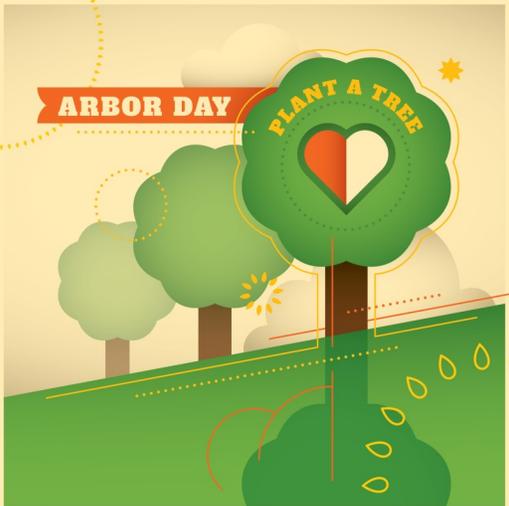
SAVE THE PLANET
APRIL 22

Mark Your Calendars

April 1 - April Fools' Day
 April 4 - International Carrot Day
 April 8 - Passover Begins, Ends April 16
 April 10 - Good Friday
 April 12 - Easter
 April 19 - National Garlic Day
 April 22 - Earth Day
 April 23 - Ramadan Begins, Ends May 23
 April 24 - National Arbor Day

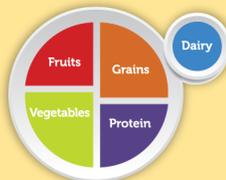


National Garlic Day



What Makes a Meal?

Each meal consists of **Five** components:
 Meat/Meat, Alternate, Grain, Vegetable, Fruit, and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**



Celebrate Carrots

April 4th is International Carrot Day! Carrots have gained the reputation of benefiting eye sight. Although this is true, they also offer many other benefits that are not often discussed. Carrots have a significant source of beta carotene, fiber, vitamin K, potassium, and antioxidants. The water content ranges from 86-95% and 100 grams of carrots contain only 41 calories!



The beta carotene in carrots is converted into vitamin A which is essential for growth, development, and immune function. Pectin is the soluble fiber found in carrots. This fiber can lower blood sugar, aid in digestion, lower cholesterol, and feed the friendly bacteria in your gut which improves health and decreases disease risk. Vitamin K is important for blood coagulation and bone health while potassium is necessary for blood pressure control. Diets rich in carotenoids, found in carrots, have been linked to lower blood cholesterol, weight loss, and eye health.

Don't forget to eat your carrots on April 4th! Maschio's has carrots available in your cafeteria daily!

https://www.washingtonpost.com/news/the-worldpost/wp/2018/07/31/food-waste/?hpid=hp_hp-top-table-main-food-waste%3Ahomepage%2Fstory&hpid=hp_hp-top-table-main-food-waste%3Ahomepage%2Fstory

Written By: Brianne Okuszka, Dietetic Intern Iowa State University

Minimize Food Waste

On April 22nd we celebrate Earth Day! One way to give back to the Earth is to decrease food waste in your home. 40% of food in America is lost or wasted. Not only does wasting food also waste money and the resources used to supply that food but as food in the landfill decomposes it releases methane, a potent greenhouse gas. Greenhouse gases are contributing to climate change and negatively impact the Earth.

A good place to start minimizing waste is in your own kitchen. The EPA's hierarchy begins with reducing the amount of food produced. The best and easiest way to prevent wasted food is to not create food to be wasted.

Here are some ways to minimize food waste in your home:

Plan meals based on the food you already have

- Create a meal with the food that is on hand and will go bad first

Get creative with leftovers

- Eat leftover dinner at lunch or the following night
- Create soup, salad, or sandwiches with leftover meat and veggies

Food Safety

- Eat leftovers within 3-4 days or freeze for 3-4 months
- Create ideal storage conditions so foods stay safe



<https://www.epa.gov/sustainable-management-food/food-recovery-hierarchy>
<https://www.eatright.org/-/media/files/eatrightdocuments/nm/eatrightfoodwaste.pdf?la=en&hash=57F389E2B3DBFC5E4FB519051778B828DC0B16E7>

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