

Mark Your Calendars

September 6th Labor Day

September 22nd National Eat Local Day

September 25th National Food Service Workers Day

Give those who work in your cafeteria some appreciation this month!



Back to School Checklist: Fruits & Vegetables

Welcome back to school! September is National Fruits & Veggies Month (NFVM). To celebrate, see below for benefits and creative ways to incorporate more fruits and vegetables into your diet!

3 Benefits to Eating Fruits & Veggies

1. They contain important vitamins and minerals for your body.
2. They are excellent sources of dietary fiber, which helps to maintain a healthy digestive system.
3. A diet rich in fruits and vegetables can help to lower blood pressure, reduce risks of cardiovascular disease and some forms of cancer.

Ways to Incorporate Fruits & Veggies Into Your Diet

1. Go to your local supermarket or farmer's market and select a fruit or vegetable you have never eaten before.
2. Find a new recipe made entirely out of vegetables.
3. Add a new salad, soup, or stir-fry to your diet.

You can find more tips at:

<https://fruitsandveggies.org/>

NO-BAKE Granola Bars

Ingredients:

1/2 cup	Maple Syrup
1/2 cup	Sunflower Butter
1/4 cup	Oat Flour
2 1/2 cup	Rolled Oats
1/3 cup	Sunflower Seeds
1/3 cup	Pumpkin Seeds
1/2 cup	Cranberries (or other dried fruit of choice)

Directions:

First, add the maple syrup and seed butter to a medium bowl and mix until combined. Then add in the oat flour and mix again. Next, add the remaining ingredients to the bowl and stir well, until the sticky mixture is evenly coating all pieces. Then line a 9x9" baking tin with parchment paper, and firmly press the granola bar mixture into the tin. Let it sit for 15-20 minutes, to allow the oats to absorb moisture. Lastly cut the granola bars in the pan, then carefully remove. Store at room temperature for up to 6 days.



Sustainable Maschio's

Green Lunchrooms

Sustainability is an important part of school meals. Here are some ways to a more sustainable lunchroom:

- **Reducing Food Waste:** In an effort to limit food waste, schools are encouraging students to learn more about composting and other ways to reduce food waste such as taking only what they plan on eating while going through the cafeteria line.
- **Having a Meatless Monday Option:** This allows students to try something new while helping the planet, as it can help save valuable resources like water.

For More Information on Maschio's Sustainability efforts please visit:

<https://maschiofood.com/sustainability/>

Free Meals

for the
2021-2022 School Year

