

## Help & Enjoy Our Planet!

Did you know that April 10th is National Farm Animals Day? Visiting a farm can be an educational, fun, and exciting experience! During April, ask your parents to take you to a local farm to see animals, such as chickens, goats, ducks, horses, and learn what each animal is used for. For example, chickens and goats are used for meat, eggs, and pets. How egg-citing! You can also learn how food is raised and processed, support local agriculture, be outside and reconnect with nature, and meet great people! You may also have the chance to pick healthy produce, such as zucchini, which you can take home and bake delicious zucchini bread with the help of your parents!

## April 22<sup>nd</sup> is Earth Day!

Although Earth Day should be every day, it is a day where we can celebrate all the wonders that planet Earth provides us with and learn why it is important to protect Earth's natural resources for future generations! The 3 tips below can help you make important steps in the right direction of helping preserve our planet!



### 1. Recycling

Recycle by separating food, cardboard, plastics, glass, and more in different garbage bins. You can also ask your parents if you can start composting food waste!

### 2. Start a Garden!

Gardening helps lower your carbon footprint, which is the amount of carbon dioxide released into the air because of your own energy needs, such as transportation, electricity, food, and clothing. Being outside also allows your skin to absorb vitamin D from the sun! Lastly, having your own garden will let you reconnect with nature, grow your food, and help your parents save money!

### 3. Activism

Write a letter to your elected officials asking them to encourage more eco-friendly deeds throughout the community.

Be sure to enter our **EARTH DAY CONTEST!** This year we are asking students to share a photo of their **SUSTAINABLE RECIPE** on Instagram and tag us **@maschiofood**. A sustainable recipe is made up of nutritious, affordable, healthy cooking that minimizes food waste. So for example, your recipe can be a vegetarian recipe or even a recipe made of leftovers. **WINNING RECIPES WIN \$150 AMAZON GIFT CARDS!**



## April Holidays

- National Grilled Cheese Month
- National Soft Pretzel Month
- April 1** April Fools' Day
- April 3** National Burrito Day
- April 8** The Annunciation of the Lord
- April 8** National Empanada Day
- April 12** National Grilled Cheese Sandwich Day
- April 16** National Banana Day
- April 19** Garlic Day
- April 22** Passover
- April 22** Earth Day
- April 26** National Pretzel Day
- April 30** Stop Food Waste Day
- April 30** National Oatmeal Cookie Day

## Spinach, Blueberry & Strawberry Salad

Serves 6-8



### INGREDIENTS:

- 1 lb. Spinach (approx. 3/4-1 bunch)
- 1/2 cup Vegetable or Olive Oil
- 1/4 cup Strawberries, sliced
- 1/4 cup Blueberries
- 1/4 cup Lemon Juice
- 1 tablespoon Honey or Sugar
- 1/4 teaspoon Salt
- 1/2 teaspoon Pepper

### INSTRUCTIONS:

1. Wash spinach & dry thoroughly.
2. Add 1/4 cup of oil to spinach.
3. Add strawberries and blueberries to spinach.
4. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing. Add dressing to spinach. Mix.
5. Refrigerate for 1 hour.

*Enjoy!*