

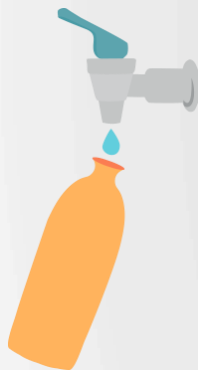


Nutrition Education



Tap your tap

Liquids can be heavy items to ship around the country and lots of fossil fuel is needed to tote them. **Instead of purchasing bottled beverages, use a refillable bottle and fill it with water from the tap or filter.**



Information obtained from:
Eatright.org &
Nutritionsource.hsps.harvard.edu

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Sustainable Foods and You

Sustainable foods are foods that are both good for you and the planet we live on. By definition, “Sustainable foods are those with low environmental impacts that contribute to food and nutrition security and to healthy life for present and future generations.”

Why should you choose sustainable foods?

- ⇒ **Great for Planet Earth:** Sustainable foods and farming practices help to protect our water, soil, and air.
- ⇒ **Great for your Health:** Foods are fresh and healthy to help you feel your best.
- ⇒ **Great for your Wallet:** Local and seasonal foods are often cheaper and cost effective.











How can you eat more sustainably?

- When you can, visit a **local farmers market** for good prices and to support our local farmers.
- **Try plant based proteins more often:** Foods like beans, lentils, and legumes are high in fiber and have a smaller impact on the environment than animal proteins.
- **Look out for grocery store sales and discounts:** Check your local newspaper or grocery store ad for seasonal fruit and vegetable sales. You can store any extra items in your freezer for later use.
- **Frozen foods can be sustainable too:** Frozen fruits and vegetables last longer, reducing the likelihood of them being wasted and can cut down on food waste.

Sometimes the littlest of changes can make the biggest of a difference! By making small food choices every day you can create a healthy plate, body, and planet.

APRIL 2025



Mon	Tue	Wed	Thu	Fri
	1 Garlic Rosemary Chicken Rosemary Red Potatoes Potato Leek Soup* WW Roll Orange+	2 Southwestern Baked Cod Southwest Side Salad Carrots* Rice Pilaf Kiwi+	NEW 3 Picadillo* Pico De Gallo+ Ranchero Beans+ Brown Rice Apple 	4 ✓ 
NEW 7 Citrus Chicken Spinach Salad+* Ginger Sweet Potato Soup* WW Roll Pear	8 Baked Cod with Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf Kiwi+	9 Ginger Glazed Pork Roasted Broccoli+ Baby Carrots* Brown Rice Grapes 	10 ✓ Veggie Chili House Salad* Cornbread 2 Mandarin Oranges+	11 
14 Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Apple 	15 BBQ Chicken Sandwich on Whole Grain Bun with Lettuce, Tomato, & Onion Broccoli Raisin Salad+ Pear ✓	16 ✓ Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Grapes	17 Imitation Crab & Egg Salad on Romaine* w/Tomato Creamy Tomato Bisque+ WW Crackers (4) Orange+	18 
Easter Holiday Meal 21 Baked Ham Roasted Red Potatoes Broccoli/Red Pepper+ Hawaiian Roll Cantaloupe+ Carrot Cake (M&E only)	22 Chef Entrée Salad+* WW Roll Grapes 	NEW 23 Salmon Burger on Whole Grain Bun Broccoli Cranberry Salad+ Roasted Sweet Potato* Apple	24 Chicken Gumbo w/Okra+ Red Beans Brown Rice Pear	25  ARBOR DAY
NEW 28 ✓ Sundubu Jjigae (tofu stew) Seasoned Spinach* Pickled Radishes White Rice 2 Mandarin Oranges+	29 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad WW Roll Pear	30 Meatball Sub w/Marinara Sauce, topped w/Mozzarella on Sourdough Hoagie Minestrone Soup, Kiwi+	1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source <> High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day