

Mark Your Calendars

- May 3-7 Teacher Appreciation Week
- May 3-7 National Herb Week
- May 5 Cinco De Mayo
- May 7 School Lunch Hero Day
- May 9 Mother's Day
- May 31 Memorial Day

Celebrate All Month Long!

- National Egg Month
- National Hamburger Month
- National Salad Month
- National Salsa Month

Berries are loaded with vitamin C and antioxidants that help boost our immune system. Try them in a smoothie, along with other immune system boosters!

Super Immunity
Berry Smoothie

Blend together:

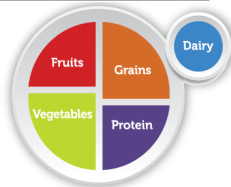
- 1/2 banana
- 1/2 cup strawberries
- 1/4 cup raspberries
- 1/4 cup blueberries
- 1/2 cup milk or almond milk
- 1/2 cup spinach
- 1 tsp. flax seeds or chia seeds
- ice



Maschio's Grab and Go

Check out Grab and Go meals available in your district!

Many districts are offering free meals to students regardless of their meal status. Meals are also available for remote learning days!



Visit your district's food services page for details or call Maschio's Food Services at 973-598-0005 for details!

Benefits of Farmers Markets

Farmers markets are a public assembly of farmers, or their vendors, selling food that is locally produced directly to consumers. Essentially, these markets "cut out the middleman." This is significant because it allows farmers to receive more money to put back into farming practices and consumers to receive fresh, locally grown produce. Listed below are just a few of the many reasons why farmers markets are beneficial to the community.



- **Increased access to nutritious foods.** Farmers markets usually sell conventional and organic produce at lower costs compared to supermarkets.
- **Stimulate local economies.** Farmers markets create 13 full-time farm operator jobs per \$1 million in revenue, as opposed to commercial stores that only create 3 full-time farm operator jobs.
- **Education.** Farmers markets vendors educate the shoppers on farming practices, nutrition, and how to prepare foods.
- **Sustainability.** Three out of every four farmers report using sustainable practices consistent with organic standards.
- **Connections.** Farmers markets facilitate personal connections among the community.

Visit LocalHarvest.org or the USDA's Farmers Market Directory to find a farmers market near you!

Written By Shane Park, Dietetic Intern, Wellness Workdays



Food Waste

Food waste is an enormous problem in our country with roughly 40% of food being wasted. That's 125-160 billion pounds of wasted food! If we were to reduce food waste by just 15%, more than 25 million people could be fed. In addition, food in landfills breaks down into methane, a greenhouse

gas that is up to 86 times more powerful than carbon dioxide. Below are some useful tips to minimize food waste at home!

1. **Be mindful when shopping-** Plan out meals ahead of time for the week to avoid over purchasing.
2. **Use your freezer-** Freezing foods such as produce, dairy, and meat increases the shelf life.
3. **Understand date labels-** Learn more about sell by and best by dates here: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating>
4. **Eat the peels-** Carrots, potatoes, and apples can be eaten with the peel!
5. **Be creative with leftovers-** find creative recipes to give leftovers a new spin.

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