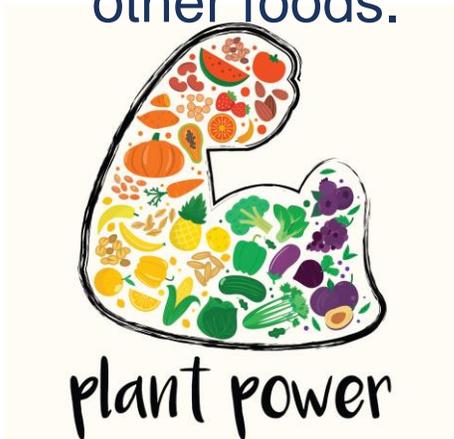


March Child Nutrition Newsletter



Plant power is a celebration of plant based, fresh, seasonal, and local foods. People often think that animal foods provide the best source of protein, but there's plenty of plants packed with protein as well. This month, students will learn just how powerful some plants can be in terms of protein and nutrition they can provide when compared to other foods.



In this issue:

**Welcome
Newsletter**

**Recipes, Fun
Facts**

**Events to Look
Forward to this
Month**

plant power

Fun Facts



1. People often think that animal foods provide the best source of protein, but there's plenty of plants packed with protein as well. A cup of edamame or lentils contain more protein than a glass of milk or a serving of chicken.

2. Hold please! If you chose a veggie burger instead of a beef burger once a week for a year, it would save the equivalent greenhouse gas emissions of charging 10 BILLION smartphones!

3. A diet high in plants is associated with a healthy weight and longer life. With over 2000 different types of edible plants to choose from, you're sure to find many that you enjoy!

Carrot Fries

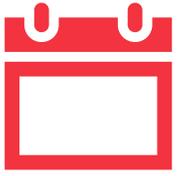
INGREDIENTS

1 pound – carrot sticks
1 3/4 tsp. – granulated garlic
Pinch – black pepper
Pinch – salt
1 1/2 tsp. – cooking oil

Servings: 4-5

METHOD

- 1) Toss all ingredients together until evenly coated.
- 2) Spread evenly on a baking pan in a single layer.
- 3) Roast in a preheated 375-degree oven until the carrots are softened and golden brown in color (approx. 20 – 30 minutes).



Events to look forward to this Month

Friday, March 1, 2024

Discovery Kitchen Event at Sheely Farms from 10:45a-1:30p inside the cafeteria, sampling salad mix with kale and apples

Saturday, March 9, 2024

Food Distribution, Stella Farmers Market 7am-9am at Arizona Desert Elementary School

Friday, March 22, 2024

Desert Oasis Student of the Month starts at 7a inside the cafeteria

Saturday, March 23, 2024

Food Distribution, Stella Farmers Market 7am-9am at Arizona Desert Elementary School

Tuesday, March 26- March 28, 2024

Porfirio H Gonzales Traveling to Mexico, the Caribbean, Italy and Korea



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