

NUTRITIONAL FOOD SERVICE NEWS



Market Basket of the Month

The featured produce for May is **SALAD GREENS** which include dark green leafy vegetables like spinach and kale, lettuce varieties such as romaine, iceberg, bibb, and red and green leaf lettuce just to name a few. Greens promote healthy bones and skin, protect eyes from sun's damaging rays, and help control normal blood sugar levels.

So how do you get kids to eat salad? Here are some great tips:

1. Two- three- or four-ingredient salads are perfect for kids, especially kids who are picky eaters. And every ingredient should be something the kids already like. For example, try a salad of romaine lettuce, grated cheese, gold fish crackers, and ranch dressing. Or, if you have carrot-lovers, try a carrot salad made of shredded carrots and apples in a cinnamon mayonnaise dressing.
2. Make a home salad bar. Cut fruits and vegetables into small pieces and put them in bowls, and let the kids choose what they like. This makes it easy to add vegetables adults like without forcing the kids to eat them.
3. The first salads your kids may eat might not be the ideal nutritionally-balanced meal. They might be heavy on the fat and/or calories and light on dark leafy greens and vegetables. That's okay. The goal here is to raise a lifelong salad-lover. Gradually expose them to new flavors over time!

Small Changes, Big Impact!

Kids Try This!



Below, list some fruits and vegetables you would like to put in your own salad!

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