



NUTRITIONAL NEWSLETTER

The Environmental Committee

You don't really understand human nature unless you know why a child on a merry-go-round will wave at his parents every time around - and why his parents will always wave back. - William D. Tammeus

February 2006

What's happening?

Teacher Aida has been making some super yummy rice flour pretzels with the students.

Visit the Silverspot Recipe page to make them at home!
<http://www.silverspotcoop.org/recipes.html>

If you would like to make pretzels at the school with the students, there is a supply of rice & oat flour stocked in the Silverspot kitchen!

Rainbow Grocery Cooperative sells a variety of flours. Organic brown rice flour can be found in the bulk section for \$1.18 Lb.

If you have any questions, please ask Teacher Aida.

Fun Facts: Strawberry

Strawberries are a favorite food of many children. The strawberry, a member of the rose family, is unique in that it is the only fruit with seeds on the outside rather than the inside. Ounce for ounce, strawberries have more Vitamin C than citrus fruit. According to the American Cancer Society, foods rich in Vitamin C may lower the risk of cancers of the gastrointestinal tract.

In parts of Bavaria, country folk still practice the annual rite each spring of tying small baskets of wild strawberries to the horns of their cattle as an offering to elves. They believe that the elves, who are passionately fond of strawberries, will help to produce healthy calves and abundance of milk in return.

The American Indians were already eating strawberries when the Colonists arrived. The crushed berries were mixed with cornmeal and baked into strawberry bread. After trying this bread, Colonists developed their own version of the recipe and Strawberry Shortcake was created.

All about our toddlers...

Crunchy and sweet can't be beat—kids love bite-size pieces of fruits and vegetables. Crunchy, raw vegetables with yummy dip are always a hit and sweet pieces of ready-to-eat fresh fruit make great snacks. So if your toddler won't eat steamed broccoli, try offering him raw broccoli florets with a dressing for dip. Chances are, s/he'll gobble it up and ask for more.

Why choose organic fruit and veggie?

Parents can reduce their children's pesticide exposure by avoiding non-organic foods with the highest amounts of pesticide residues. The following fruits and vegetables contains the highest amounts of pesticide residues and should be avoided when making snack at Silverspot.

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|-----------------|-------------|----------------------|
| 1. Strawberries | 5. Apples | 9. Cucumbers/Pickles |
| 2. Grapes | 6. Celery | 10. Apricots |
| 3. Peaches | 7. Corn | |
| 4. Cantaloupe | 8. Cherries | |

Snack Recipe: Strawberry Shortcake

2 Cup whole-wheat pastry flour
2 Cup unbleached all purpose flour
{Rice and oat flours can be substituted for wheat flours}
1/2 Cup corn meal
2 Tablespoons baking powder (Aluminum Free)
1/2-Teaspoon salt
1/4 Cup maple syrup
1/2 Cup + 2 Tablespoons of cold butter (1-stick+2 TBSP)
1 1/2 cup of half-and-half

1. Mix dry ingredients
2. Cut in butter until mixture resembles dry crumbs
3. In a separate bowl, mix together half-and-half and maple syrup. Gently stir into dry mix until ball forms
4. Transfer to heavily floured surface. Knead 30 seconds. Pat into 1-inch rectangles. Cut out 24 biscuits approx. 2-inches each
5. Bake 450° F on sheet one inch apart approx. 14 minutes or until puffed and golden.

Let cool for 5 minutes and serve with your choice of organic fruit and yogurt. Enjoy!

Snack of the Month

Jessica Lutes brought in a simple delicious snack that the children loved:

Homemade Mac 'N' Cheese & Fruit

Most of the ingredients were organic and can be found at Trader Joes for a very reasonable price. Good job Jessical!

Great Savings

Check out the great savings in Rainbow Grocery Cooperative coupons at the back of the SBC Phone Book on page 12. You can save 20% off your entire purchase.

STORE OF THE MONTH—*Safeway*

Safeway recently started an organic food campaign introducing their "O" Organics brand. Look for the "O" Coupons.

1. 2 Stoneyfield Farm Whole Milk Plain Organic Yogurt 32 Oz \$4.39 ea., Organic Gala Apples. Pre-Packed 3 Lb \$2.50,
1 Natures Path Cereal Organic Flax Plus 13 Oz \$3.99 ea. **Total —\$15.27**
2. 6 Oranges Navel Organic \$.58 ea., 2 Organic Baby Peeled Carrots Pre-Packed - 1 Lb \$2.39,
1 Organic Celery \$0.88/ea., 2 Organics grade A Large brown eggs (hardboiled) \$3.79 doz — **Total \$16.72**
3. 6 Organic Red Delicious Apples \$.40 ea., 2 Organics Blue Corn Tortilla Chips With Flax - 10 Oz \$1.99
2 Organics Shredded Mild White Cheddar Cheese 6 Oz \$2.99, 1 can "O" Organic pinto or black beans \$1.09
1 Organics Mild Salsa - 16 Oz \$2.50 —**Total 16.15**
4. 6 Annies Organic Whole Wheat Shells And Cheddar Pasta 6 Oz \$2.00 ea., 2 Organic Broccoli \$2. ea.,
6 Organic Red Delicious Apples \$.40 ea. —**Total \$18.40**

Health & Awareness

New labeling laws require that a separate category for trans fats be created on nutrition labels for all packaged foods. The vast majority of trans fats found in food comes from chemically altered, man-made fats known as hydrogenated or partially hydrogenated oils. These fats are created via a process that turns liquid vegetable oils into solid fats by injecting them with hydrogen atoms while being heated under pressure. The result is a fat with a chemical configuration that is not found in nature - one very rich in trans fatty acids and that has been found to be harmful to health. Trans fats have been shown to raise LDL (bad) cholesterol while they decrease HDL (good) cholesterol, leading to an increase in the risk for coronary heart disease. The Institute of Medicine, part of the National Academy of Sciences, has concluded that man-made trans fats are not safe to consume in any amount. Foods in which trans fats are commonly found include margarine, shortening, baked goods, snack foods, fried foods, crackers and breakfast cereals.

Source: <http://www.wholefoodsmarket.com/healthinfo/foodlabelinglaws2006.html>

Some Grocery Stores with Organic Choices

Safeway Organic Products

http://shop.safeway.com/corporate/safeway/o_organics_v1_new.asp

Rainbow Grocery {list weekly sale items}

<http://www.rainbowgrocery.org/>

Whole Foods {Food recipes for kids' tastes}

<http://www.wholefoodsmarket.com/recipes/kids/index.html>

Trader Joes

<http://www.traderjoes.com/products/WCOrganic.pdf>

Snack Foods—*Safeway* Prices

Stoneyfield Farm Whole Milk Plain Organic Yogurt
32 Oz \$4.39 ea.

Organic Red Delicious Apples \$.40 ea.

Organic Bosc Pears \$1.05 ea

Organic Broccoli \$2. ea

Oranges Navel Organic \$.58 ea

Organic Baby Peeled Carrots.Pre-Packed 1 Lb \$2.39

Organic Gala Apples.Pre-Packed 3 Lb \$2.50

Natures Path Cereal Organic Flax Plus 13 Oz \$3.99 ea.

Organic Celery \$0.88/ea.

Annies Organic Whole Wheat Shells And Cheddar Pasta
6 Oz \$2.00 ea.

"O" Organic Golden Flakes Medley With Flax Cereal
15 Oz \$2.99

"O" Organic Shredded Mild White Cheddar Cheese 6 Oz
\$2.99

"O" Organic Blue Corn Tortilla Chips With Flax
10 Oz \$1.99

"O" Organic Blue Corn Tortilla Chips With Sesame Seeds
10 Oz \$1.99

"O" Organic Mild Salsa 16 Oz \$2.50

"O" Organic Fire Roasted Salsa - 16 Oz \$2.50

"O" Organic Pinto or Black Beans \$1.09

"O" Organic Grade A Large Brown Eggs \$3.79 doz.

Prices were recorded from Shop.Safeway.com 2/21/06

Please review Silverspot's designated *Foods To Avoid* when preparing snack:

<http://www.silverspotcoop.org/foodAvoid.html>