



News In Your School Piscataway Township Schools

May 2016

Sodexo Food Service

In This Issue

☞ Food Allergy Week

☞ National Food Months

National Food Days in May

Orange Juice Day- May 4th

No Diet Day- May 6th

Shrimp Day-May 10th

Quiche Lorraine Day-May 20th

Brown-Bag-It-Day-May 25th

Recipe

✓ **Gluten-Free
Power Bars**

References:

<http://cdc.gov>

<http://food.unl.edu>

<http://usda.gov>



Questions? Comments?

Please contact:

Marissa Thorsen, RD

Registered Dietitian

Sodexo School Service

Marissa.thorsen@sodexo.com

Food Allergy Week

May 8-14, 2016

Food allergies are a growing food safety and public health concern that affect an estimated 4%-6% of children in the United States.

Eight foods or food groups account for 90% of serious allergic reactions in the United States: milk, eggs, fish, crustacean shellfish, wheat, soy, peanuts, and tree nuts. Another allergy that has been on the rise would be sensitivity to gluten.

Sodexo is well equipped to manage our student's food allergies. We are constantly reinventing our menus and searching for allergen free products. We work closely with school nurses and parents to make sure we offer meals that are safe for our students with allergies to consume. Please feel free to contact Marissa Thorsen, RD your school district Registered Dietitian with any concerns or questions.



Let's Get Cooking

Gluten-Free Power bars

- 2 1/2 cups Gluten-free (GF) cereal
- 2 cups toasted nuts (peanuts, almonds, walnuts)
- 3/4 cups GF corn flakes
- 1 cup dried fruit (raisins, cranberries, cherries, apricots)
- 1 tablespoon ground flaxseed
- 1/2 cup peanut butter (can substitute almond, sunflower, sunbutter)
- 1/2 cup brown sugar
- 1/2 cup light corn syrup
- 1 teaspoon GF vanilla



Directions:

Grease a 9 x 13 baking pan. In a large bowl, moderately crush gluten-free cereal. Add toasted nuts, dried fruit, and flaxseed. Set aside. In a medium saucepan, stir peanut butter, brown sugar, and corn syrup over LOW heat. Keep stirring until the mixture just starts to boil. (This may take time but once it starts to boil, remove from heat.) Stir in vanilla. Pour over cereal mixture and gently combine until the cereal mixture is coated well. Pour into the pan. Press evenly using your hands. Cool. Cut into squares and wrap individually in plastic wrap. Proper wrapping will maintain freshness for weeks. Place in a zip-top plastic bag.

Recipe adapted from: <http://food.unl.edu>

National Food Months for May

Asparagus Month

Barbecue Month

Beef Month

Celiac Awareness Month

Egg Month

Hamburger Month/Hamburger Day

Mediterranean Diet Month

Osteoporosis Prevention

Month

Salad Month

Salsa Month

Strawberry Month

Egg Facts:

Eggs are a source of complete protein and are "nutrient-dense," containing only 75 calories while providing over 20 nutrients.



Strawberry Facts:

Strawberries are full of nutrition with everything from folate to fiber to phytochemicals. Plus, they have only 50 calories per cup!



Asparagus facts:

Five medium asparagus spears have about 20 calories. All asparagus spears are not the same size, but this can be used as a general estimate. Asparagus has no saturated fat, sodium or cholesterol, is high in folate, and is a good source of vitamin A and C.

