

Maschio's Food Services Inc. Cafeteria Connection

"Healthy Meals Grow Healthy Kids"

December 2008



Milk Matters

Calcium is a mineral that is essential for building strong bones. Unfortunately, most tweens (ages 9 to 12) and teens do not get enough calcium. In fact, fewer than one in 10 girls and only one in four boys ages 9 to 13 is at or above his or her adequate intake of calcium.

Tweens and teens need 1,300 milligrams (mg) of calcium a day to build strong bones for life. (Adults up to age 50 need about 1,000 mg a day.) Milk and milk products are excellent sources of calcium and other nutrients.

Tweens and teens can get most of their daily calcium from 3 cups of low-fat or fat-free milk (approximately 900 mg).

Most milk is fortified with vitamin D, an important nutrient that helps the body absorb more calcium.

http://www.nichd.nih.gov/milk/teachers/upload/mm_calcium_fact_sheet.pdf



A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK



WORD SCRAMBLE

ONBES

CLAUCIM

GOYRTU

EHCSE

KIML

Answers: Bones, Calcium, Yogurt, Cheese, Milk

Maschio's Gives Back

This holiday season Maschio's has donated turkeys to local food banks in Morris, Essex and Warren counties.

Fruit of the Month:

Cranberries

Vegetable of the Month:

Carrots



Recipe Corner: Rustic Apple Cranberry Tart

INGREDIENTS:

1 15 oz. package refrigerated pie crusts
1 20 oz. apple pie filling
1 cup fresh or frozen cranberries, chopped
1 tsp cinnamon
1 tsp sugar or sugar substitute
optional: 1/4 cup walnuts,

DIRECTIONS:

Preheat oven to 400 degrees
Unwrap crust and press together all seams. Place in 9 in pie pan
Combine all ingredients except sugar. Place in pie crust.
Fold edges in pleats over fruit mix

Sprinkle sugar on crust

Bake 15 minutes at 400 degrees F

Reduce temperature to 350 degrees F, bake 40-45 minutes or until crust is golden brown. **Enjoy!**

Tips for Healthy Holiday Eating

- **Eat a healthy snack before leaving home.** This will reduce the risk of overeating at the party.
- **Go to the party with a plan.** Check out the buffet first, and then decide what and how much you will eat.
- **Bring a dish.** Contribute your favorite healthy dish to the holiday buffet.
- **Savor every bite.** Eating slowly reduces your chances of eating too much.
- **Drink water.** Water is a healthy, no-calorie beverage. (Compared to one cup of eggnog that has 342 calories!)
- **Trim the fat from the meat.** Each tablespoon of fat you trim off contains 100 calories.
- **Be the life of the party!** Stay active by focusing on party activities instead of the buffet table.

Information provided by the National Diabetes Education Program, available at: <http://ndep.nih.gov/diabetes/pubs/>