

Maschio's Food Services Inc. Cafeteria Connection

Did you know?

May is National Salsa Month!

Try salsa verde ("green sauce") or pico de gallo for Cinco De Mayo



Healthy Meals Grow Healthy Kids™

May 2009



Food Allergy Awareness Week May 10-16, 2009

1 in 25 children in the United States have food allergies. The most common food allergies in children are peanuts, tree nuts, milk, eggs, soy, fish, shellfish and wheat.

What is a food allergy?

Food allergy occurs when the body mistakenly attacks a food protein. This offending food may trigger the release of chemicals, including histamines, which cause an allergic reaction.

What are the signs of a reaction?

Symptoms may include swelling of the throat and/or tongue, tingling of the mouth, difficulty breathing, hives, vomiting, abdominal cramps, decreased blood pressure, lack of consciousness and even death.

What is the difference between an allergy and an intolerance?

Food intolerances do not involve the immune system and are **not life threatening**. An allergy occurs when the immune system attacks a certain food, causing antibody production and leading to the symptoms listed above.



Fill in the Blanks!

Strawberries are full of Vitamin _____

Celery is packed with _____

May is National _____ Month

May 10-16th is _____ Awareness Week

Answers: C, fiber, salsa, food allergy

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!



Strawberry Nutrition Facts:
Serving Size: 1 cup raw halves
Calories: 49
Total Fat: 0 g
Carbohydrates: 11.7 g
Vitamin C: 89 mg
Potassium: 233 mg



Fruit of the Month: **Strawberry**

Veggie of the Month: **Celery**



Be a **P.A.L.** – Protect **A** Life

Don't make jokes about food allergies– they're serious

Don't share food with others

Wash your hands after eating

Ask your friends what they're allergic to and help them avoid it

If a friend with food allergies becomes ill get help immediately

Visit <http://www.foodallergy.org/pal.html> for more info



Last Minute Strawberry Shortcake

Ingredients:

- All purpose Baking Mix for Biscuits
- 1/3 cup skim milk
- 1 quart of fresh strawberries
- 3/4 cup sugar
- light whipped cream

Directions

- prepare baking mix as directed for biscuits or shortcakes
- Rinse strawberries with cold water and drain well
- slice in halves and place in a bowl with sugar
- mix thoroughly and let sit for 1 hour
- Split shortcakes with a serrated knife and top with strawberry mixture
- add light whipped cream as desired.

Enjoy!

Recipe adapted from www.strawberry-recipes.com

