



QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

May 2023

5 Ways to Clean Up This May!

We've compiled a list of 5 ways you can work together this month, turning cleaning time into quality time*:

1. Clean out those closets: Pick a non-profit to donate to, or, go the resale route and combine your earnings to plan a family fun day!

2. Get creative: Old macaroni, buttons, fabric scraps... Sort these loose materials into cups, break out the hot glue gun, and turn trash into treasure!

3. Shape sort: Reorganize the kitchen cabinets. Ask your kids to sort and stack the pots and pans by shape.



4. Pantry purge: Everyone has those half-used bags of pantry staples taking up space! Collect them together, then get creative planning meals that incorporate the ingredients.

5. Take a break: Whether it's a quick walk or a living room dance party, building in breaks keeps everyone motivated!



National Physical Fitness & Sports Month

Nutrition is an important part of kids health, but so is exercise! Movement has brain and body-building benefits that students need to learn and grow. This month, celebrate all our bodies CAN do with Physical Fitness & Sports Month. Consider bringing The Daily Mile program to your school! Schools and/or classrooms that participate in The Daily Mile commit to getting outside each day for 15 minutes of walking, jogging, or running. Learn more at: <https://www.thedailymile.us>



Memorial Day Matters



More than just the start of summer, **Memorial Day** is when we take a moment to recognize those men and women who gave their lives in service to our country. This month, make a plan to spend it together! Whether you choose a patriotic parade or a memorial service, one way to incorporate red, white, and blue into the day is at mealtime. Here are some patriotic options to get you started:

<https://www.eatingwell.com/recipe/280775/sheet-pan-american-flag-pancake/>

<https://www.eatingwell.com/recipe/250806/mini-berry-cream-pies/>

<https://www.eatingwell.com/recipe/280776/american-flag-caprese-salad-with-blueberry-balsamic-vinaigrette/>

* <https://www.education.com/magazine/article/spring-cleaning-get-kids-involved/>



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com

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