

THE DIETITIAN'S DESK

WELCOME TO THE DIETITIAN'S DESK!

This newsletter is committed to providing insightful nutritional information to promote a healthy lifestyle in school and at home.

This month's newsletter was developed by Sodexo's Elissa Knott, RD, LDN Senior Manager of Nutritional Systems and Regional Dietitian from Massachusetts.

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HYDRATION STATION

SEEN IN YOUR SCHOOL LUNCH

Did you know that humans would only survive a few days without water? That's because water is part of your blood and fluids that help transport nutrients and rid waste in your body. Luckily, we can get all the water we need from beverages and foods consumed throughout the day.

It is important to drink water to stay hydrated; however, H₂O can also be found in milk, juice, and other beverages, as well as in fresh foods like fruits and vegetables, which are all part of your balanced breakfast and lunch meals at school!

HYDRATION STATION FACTS

1. Water is the most abundant substance found in the human body (approx. 60% of our body's composition) and is essential for maintaining fluid balance.
2. Water helps maintain body temperature through sweating when you are hot to help your body cool.
3. Water acts as a cushion to protect your brain and other organs from injury. It is also a lubricant for your eyes, joints, and is also part of your saliva to moisten your mouth and intestinal tract.
4. We lose water through our kidneys (urine), large intestine (stool), lungs (breathing), and skin (sweat) - which is why we constantly need to replace it.

FROM YOUR FARMER

During the month of September items like Apples, Broccoli, Beets, Celery, Chard, Cranberries, Garlic, Grapes, Lettuce and Bell Peppers are in season and can be locally harvested and sourced. You can support your community by buying local!

RECIPE OF THE MONTH Autumn Infused Water



Ingredients:

- 8 cups of Water
 - 2 Apples
 - 2 Pears
 - 2 Plums
 - 3-5 Cinnamon Sticks
- *Seasonally sourced

Directions:

1. Fill a small pitcher with water.
2. Wash fruit, then cut into slices. Be sure to discard seeds/core.
3. Add all ingredients to the pitcher of water.
4. Keep in the fridge for 10-12 hours for more flavor; or enjoy right away if you'd like!

***Dietitian's tip: Try this recipe with hot water on a chilly autumn day!**

HEALTHFUL HINTS

Eat Better & Eat Together Month: Did you know eating together can improve school performance? October is Eat Better, Eat Together Month! Students that have 2 family meals together are 12% more likely and students with 5+ family meals together are 20% more likely to earn higher test scores!