

Arbor Nutrition News

October 2020

National School Lunch Week

October 12-16, 2020

Eat Better, Eat Together Month

When families eat together, they eat better, more nutritiously, and a greater variety of foods. Families report better communication as a benefit from eating together. Families enjoy celebrations and bond around family meals. Students have fewer behavioral problems when they eat meals with their families.



Ways of Eating Better

- Try new fruits and vegetables, let the kids pick them out
- Add in whole grains, look for foods with “whole” grain as the first ingredient
- Choose leaner cuts of meat, and control fat
- Change up recipes by cutting back fat, salt, or sugar.

Benefits of Eating Together

- It teaches your kids better eating habits
- It can prevent serious psychosocial issues
- It can improve children’s self-esteem
- It can help kids bounce back from cyber bullying

Easy Chili

Ingredients:

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 1 garlic glove, minced
- 2-16 oz cans red kidney beans, drained & rinsed
- 1-14 oz can diced or stewed tomatoes
- 1-14 oz can of tomato sauce
- 3 T. Chili powder
- 1 t. Salt
- 1 t. Pepper
- 1 t. Cumin



1. Cook first 4 ingredients in a large skillet over medium high heat, stirring beef crumbles until no longer pink; drain.
2. Place mixture back in pot and stir in remaining ingredients. Bring to a boil, then reduce heat to low, cover and let simmer for 30 minutes.

Bonus Toppings! Add toppings for a unique chili of your own!

Diced tomatoes, chopped avocado, diced red onion, shredded cheddar cheese, tater tots, goldfish crackers, crumbled queso fresco, sliced jalapenos, fresh cilantro, sour cream or Greek yogurt, lime wedges, buffalo sauce, turmeric, corn bread, olives, radishes, jicama, or hot peppers.

What’s your favorite?

Nutrition Spotlight-Vitamin B

Vitamin B is what we need for energy. It helps the process your body uses to make energy from the food you eat. B-1 or Thiamine helps the body metabolize fat, protein, and carbohydrates. B-6 also helps metabolize protein. B-12 is essential for the metabolism of protein and fat. Good sources of B vitamins are salmon, leafy greens, liver, eggs, milk, beef, oysters, clams, mussels, legumes, chicken and turkey, yogurt, and nutritional yeast.



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