

Arbor Nutrition News

December 2020

Worldwide Food Service Safety Month



Everyday our food service staff is diligently preparing food at school and taking extra sanitation precautions while following CDC guidelines to keep students as safe as possible. Also, it is very important to handle your food safely at home.

Here are Some Safe Food Prep Tips!

- * Cook to the right temperature, 165°F for poultry and 160°F for ground beef. Use a thermometer to be sure.
- * Thoroughly wash your fruits and veggies with clean, warm water before use.
- * Refrigerate perishable food and leftovers within 2 hours.
- * Make sure you separate cooked from raw foods to avoid bacteria cross-contamination.
- * Wash your hands thoroughly before and after handling food.

Nutrition Spotlight-Vitamin D

Vitamin D is necessary for building strong bones, because it enhances the absorption of calcium the primary component of bones. Low levels of Vitamin D may increase the risk of or severity of COVID-19. Since we can't get enough Vitamin D from the sun in the winter in our area, we need to look at food sources. Good sources of Vitamin D are fortified milk, fortified cereal, egg yolks, liver, and saltwater fish.



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Stovetop Mac and Cheese

Try this recipe for an extra Vitamin D and Calcium boost with dinner!

8 Servings

Ingredients:

- 2 Tbsp. Butter
- 2 Tbsp. Unbleached, all purpose flour
- 3 C. Water
- 4 C. Milk
- 16 oz. Uncooked Pasta (Elbow Macaroni or Cavatappi)
- 1 tsp. Kosher Salt
- 1/2 tsp. Garlic Powder
- 1/4 tsp. Ground Mustard
- 16-20 oz Cheddar Cheese (4-5 Cups Shredded)
- 1/2 cup Parmesan Cheese



Instructions:

1. Melt butter in a large stock pot over medium-high heat. Add flour, and whisk until combined. Cook for 1 minute, stirring occasionally.
2. Pour in 1 cup of the water, and whisk until the mixture is completely smooth and begins to thicken. Gradually pour in the remaining water and milk, stirring until evenly combined.
3. Stir in the uncooked pasta, salt, garlic powder, and mustard until combined. Then continue cooking, stirring occasionally, until the mixture just reaches a simmer. Reduce heat to a medium-low to maintain the low simmer. Continue cooking for 9-10 minutes.
4. Remove from heat and stir in the cheeses until melted. Taste, and season with additional salt (and black pepper) as needed. Enjoy!
<https://www.gimmesomeoven.com/best-stovetop-mac-cheese/>

Free Meals Available!

For ALL Children 18 and Under
Through June 30th!

Check with Your School District for
More Information

