

FOOD FOR THOUGHT

Spring is in the air at Calvin Hill, with lots of food news to highlight before the school year comes to an end. Each of the classrooms has been busy making new recipes and conducting food experiments, and positive changes continue to unfold in the Calvin Hill food program.

FOOD NEWS

Three's Room: Matzah Balls and Easter Eggs

April was a busy month in the Three's Room. The class made matzah ball soup together, which was enjoyed by the children for lunch in early April. The classroom also had fun dyeing eggs pretty spring colors (pictured right). And yes, the children enjoyed eating the eggs too!



Colorful
Easter eggs dyed
(and later eaten)
by children in the
Three's Room



The class
celebrated Isaac's
4th Birthday with
fruit smoothies,
made by his mom
Kate.



Preschool: Planting Snap Peas

Recently, Stefanie helped the Preschool class plant snap peas outside in the garden. The children take turns to water and check the peas every day. The class has also done observational drawings of the snap peas, and soon they will be measuring their growth. Beans are also growing in the garden, which were first planted inside (in cups) and have since been transported outside and tied to posts.



A new compost project has begun in the Preschool. The compost is made out of food and other leftovers.



Kindergarten: Pickles for All!

This spring the Kindergarten class enjoyed making their own pickles. They used a recipe that includes sugar, vinegar, and dill. In addition to lots of cucumbers, the children added carrots and onions to their recipe. To make your own pickles at home, check out the recipe (provided by Liz).



Pickle Recipe

6 cups thinly sliced cucumbers
2 small onions, sliced
1 medium carrot, thinly sliced
1 3/4 cup sugar
1 cup white or cider vinegar
2 tablespoons salt
1 tablespoon chopped fresh dill weed

In 2 1/2 or 3-quart glass container, layer cucumbers, onions and carrots.

Mix remaining ingredients until sugar is dissolved; pour over vegetables.

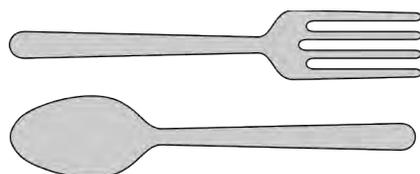
Cover and refrigerate at least 24 hours (but no longer than 2 weeks).

Calvin Hill Families Feast at Spring Potluck

The spring potluck in April showcased the culinary talents in the Calvin Hill community, and once again Calvin Hill families shared mouth-watering entrees, side dishes and desserts. Parents and children feasted on potato salad with smoked chicken and leeks, curry chicken, ziti with tomato ricotta sauce, chicken tetrazzini casserole, artichoke and cheese dip, gluten-free pasta salad, and an array of tasty desserts (including Helen's cupcakes, which disappeared in record time!).



Thanks to all families for making the potluck such a fun, friendly feast!



Food Program Updates

Calvin Hill continues to seek opportunities for positive, healthy improvements in the food program throughout the school. For the past year, a small committee of parents, staff, and teachers at Calvin Hill have been examining existing menus and observing what foods the children eat at school (perhaps you have seen the Veggie Surveys and taste-testing activities in the classrooms) as part of an effort to identify and implement healthier alternatives in the food program. Some small changes have already taken place, including increased variety of fruits and vegetables that are offered, and diluted juice at snack times. There has also been success with the “healthy birthday celebrations” policy that was implemented last year. The children have enjoyed making a range of healthy recipes to celebrate birthdays, including fruit kabobs, frozen banana treats, and a variety of nutritious muffins and sweet breads.

This spring and summer, Calvin Hill is consulting with our own Yale dietitian (who has been working with the school for many years) to revise the current menus for the lunch program to improve the quality and diversity of foods offered. Improvements will include increasing whole grain servings (e.g., brown rice, pasta, crackers), adding veggie burgers, hard-boiled eggs, and other healthy lunch entrees. If you have ideas about improvements that you would like to share, please email Rebecca Puhl at Rebecca.puhl@yale.edu. Calvin Hill is also working with Yale Dining Services, who have made a concerted effort to assist the school in improving food delivery options, and are allowing Calvin Hill to work with their new food supplier (US Foods Service) at the Yale rate. Randi is on top of this effort, and an update will be provided in the fall once menus have been revised and new food options are available. Calvin Hill continues to be responsive to issues of health and nutrition, and we look forward to the positive changes in the food program next fall.



Strawberry Recipes

Strawberry season is just around the corner. Here are two recipes to enjoy strawberries as a healthy snack on a warm day, or in a salad with your favorite fresh vegetables. Both recipes are kid-friendly (and parent-friendly too).

Strawberry Yogurt Smoothies and Pops

<http://jas.familyfun.com/recipefinder/display?id=15299>

½ pint of strawberries
1 banana
2 8-oz containers nonfat strawberry yogurt
1 cup skim milk

1. Help your child to wash the fresh strawberries, hull them, and pat them dry. Peel the banana and slice it in half or in quarters, then place all the fruit in an electric blender.
2. Spoon the yogurt into the blender, then pour in the milk. Blend until smooth and thoroughly combined.
3. Pour the shake into four 8-ounce glasses. Makes 32 ounces, or four 8-ounce shakes.
4. To make Frozen Strawberry Pops, pour smoothie mixture into a Popsicle mold or into small paper cups, cover with foil then insert a craft stick. Freeze for 4 to 6 hours. Makes 6 to 8 Popsicles.

*You can customize your smoothies to suit your children's tastes (e.g., omit the banana, for example, and add blueberries instead)

Strawberry Vegetable Salad

<http://www.strawberry-recipes.com/strawberry-vegetable-salad.html>

8 ounces assorted lettuces, torn into bite size pieces
8 ounces fresh spinach, torn into bite size pieces
1 medium avocado, peeled and sliced or chopped
1/2 pint strawberries, halved or sliced if they are larger
1/2 cantaloupe, scooped into balls
1/2 pint cherry tomatoes, halved
1 cucumber, peeled and sliced

Combine all ingredients in a large salad bowl. Add the poppy seed dressing just before serving and toss lightly. Yields about 10 servings.

Dressing:- Place the following ingredients in a jar and shake vigorously to mix. Pour over salad when ready to serve.

1/2 cup vegetable oil	1/2 teaspoon salt
1/4 cup tarragon vinegar	1/2 teaspoon dry mustard
1/4 cup sugar	1/4 to 1/2 teaspoon onion salt
2 teaspoons poppy seeds	

