

National School Lunch Week

National School Lunch Week is a week that celebrates school nutrition and lunches brought to you by the National School Lunch Program. This federal program was founded in 1946 by President Truman in hopes of helping school children get the food and nutrients during the school day. This program is critical for the health and well-being of school children and ensures they are meeting the adequate nutrients needed to keep up their energy and cognitive function throughout the day. Today, the National School Lunch Program is responsible for feeding 30 million students across the country.

Wild about Smoothies!

Not only is it National School Lunch Week, but October is also National Farm to School Month. To celebrate both these events, high school scholars across the district will get to taste test a new item- blueberry peach smoothies! All 3 ingredients in the smoothies- blueberries, peaches, and yogurt- are grown or produced in Ohio. Learn more about each ingredient:

Blueberries: Blueberries are native to North America, and have been growing here for 13,000 years. Nearly 1 billion pounds of blueberries are grown in North America each year. There are currently about 400 acres of blueberries grown in Ohio. Blueberries are high in fiber- 1 handful of blueberries will give you 20% of your daily fiber needs. Blueberries can also help keep your heart, brain, and your gut healthy.

Peaches: Peaches are native to Asia, and have been around for 8,000 years. Peaches are considered the “Queen” of the fruits and second only to apples in popularity. Ohio is home to 1,000 acres of peach orchards that grow 11 million pounds of peaches each year. Peaches are a good source of special vitamins called antioxidants. These vitamins help protect your body against aging and disease.

Yogurt: People have made and eaten yogurt for almost 10,000 years. Yogurt is made from milk through a process called fermentation (fur-men-tay-shun). During fermentation, good bacteria grows in the milk to help preserve it. In Ohio, there are over 258,000 dairy cows on more than 1,600 dairy farms. Most of the milk produced in Ohio is processed and sent to stores and restaurants within 2 days of milking.

The blueberry peach smoothie will be taste-tested at Bard, New Tech West, Collinwood, and Campus International HS this week. Check back for updates on where we'll bring this smoothie next.



Figure 1: Chef Tim prepares the new blueberry smoothie.