Mountain Home School District April Nutrition Newsletter



What's Shakin in Dining?

Welcome to your monthly newsletter! When you visit your students' school, make sure to stop by the cafeteria and check out the new graphics!





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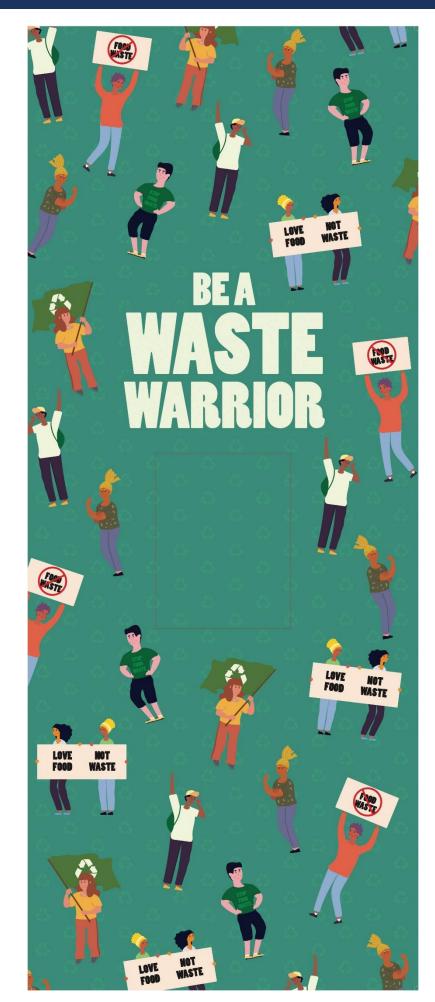
This Month in Discovery Kitchen

Did you know that wasted food is the single largest category of material placed in municipal landfills? Or that 40 percent of our food supply is wasted and that each of us throws away nearly 300 pounds of food each year? During April in the school cafeteria, students will be able to participate in a variety of Discovery Kitchen activities and experiences with our "Be A Waste Warrior" theme. Since April is Earth Month and April 29 is Stop Food Waste Day, we will be featuring foods and programs that highlight the many ways that students and the community can make a difference in reducing food waste, in addition to activities designed to help them consider resources and protecting the environment.

Scan the QR Code for the Discovery Kitchen At Home recipe of Roasted Carrot Ginger Hummus!



chartwells Discovery KITCHENO





April 6: Burrito Day

Everything is better in burrito form!



April 20: Cheddar Fries Day Did someone say cheese fries?! Celebrate Cheddar Fries Day on April 20!



April 22: Earth Day Join us in the cafeteria on April 22 as we celebrate Earth Day!



April 26: Stop Food Waste Day Take the pledge to #stopfoodwaste! Come to the cafeteria on April 26 to help us celebrate Stop Food Waste Day!







Now Boarding Hacker Middle School Student! Global Eats takes students on a Food Adventure! This four week program invites students on a food exploration adventure, traveling through Mexico, China, Italy, and India. Each week students will be able to sample food from the featured country and receive a sticker on their passport. We will have our first tasting event on Friday, April12th during lunch. Go to the link below for more information on the Global Eats program.

https://www.k12globaleats.com



