

# Nourishing a Brighter Future

March 2018

## Eat to Nourish



Food Focus... Check out this month's #FlikSoCheesy Munster Grilled cheese!



Healthy Foods Matter... March's featured #FlikGrains is Kamut! It will be featured in many lunchtime meals!



This year, #TravelingFlavors brings you #FlikAroundTheWorld in which we will be featuring some wonderful meals from London England, Bombay India, Yokohama Japan and San Francisco USA!

## Share Knowledge

Rosemary is this month's #Tastings herb! Our guests may have tried this herb before however if not, they will have the opportunity to try it throughout March!

*Tastings!*

This month's #SuperPOWERFood is Legumes! They are plants or the fruit or seed of the plant! Some popular legumes are chickpeas, lentils, peanuts, soybeans and peas!



## Connect Community

At Flik Independent School Dining safety is our top priority. Food can be contaminated at any point during its production, distribution, and preparation. Everyone that is included in the production of food, from the producer to the consumer, has a role to play to ensure the food we eat does not contain anything that can cause food borne diseases. This highlights the importance of making sure the food we eat is not contaminated with potentially harmful bacteria, parasites, viruses, toxins, and chemicals. You can't see, smell, or taste harmful bacteria that may cause illness so make sure to follow these four steps to insure food safety:

- Clean- Always wash hands, surfaces and any utensils often.
- Separate- Always make sure not to cross contaminate allergens and items that can be harmful to health, such as raw chicken.
- Cook- Always make sure that you are cooking everything to the correct internal temperature to ensure killing potentially harmful bacteria.
- Chill- Make sure to refrigerate perishable foods that may spoil if left out promptly to avoid food waste and/or sickness caused by spoiling.

Nutri-message:

Regular meals and snacks benefit the body's natural rhythm, supporting better sleep.

