



## May is National BBQ Month

Grilling is a great way to combine enjoying the outdoors and mealtime. May is National BBQ Month, because it's the best time to get outside and fire up the barbecue!

Utilize these tips to make sure your BBQ is safe and healthy:

- Safe:**
1. Before starting, it's important to ensure you have a safe outdoor cooking environment to prevent the growth and spread of bacteria.
  2. Clean your grill thoroughly before starting and allow it to heat up before you begin cooking.
  3. Make sure you use a food thermometer to cook food to a safe internal temperature, don't just rely on the food's color.
  4. Use separate plates and utensils to handle raw and cooked foods to prevent cross contamination.

- Healthy:**
1. Choose lean proteins such as turkey burgers or chicken when preparing your BBQ meals.
  2. Grilling vegetables can make delicious toppings or side dishes.
  3. For dessert, try fruit-kabobs, peach slices, or even watermelon on the BBQ—kids will love the unique flavors and the outdoor experience!

## Eat Your Veggies!

Vegetables are an important component of healthy eating as they contain a variety of vitamins and minerals necessary for children's growth and development. Vegetables contain a variety of the following nutrients: fiber which regulates digestion, B vitamins which are responsible for healthy metabolism, vitamin C to enhance the immune system, vitamin A for good vision, and vitamin K for healthy bones.

Here are a few tips to get your family to eat their greens:

**Salads: Chop them!** Use this fun trend to add colorful, nutrient dense vegetables to your meals.

**Throw kale or spinach into smoothies.** The sweet flavors of fruit tend to overpower the vegetables. Adding dark fruit such as blueberries or blackberries will mask the color of the greens.

**Mash them up!** Mashed potatoes are a common favorite; however, mashed cauliflower, sweet potatoes, or butternut squash are just as tasty!

Prepared by: Sara Monk, RD  
Source: www.nourishinteractive.com



Garfield YMCA Students 'Color the Rainbow'

In April, students from the Garfield YMCA learned about the importance of healthy eating by coloring a rainbow of smiling faces made up of fruits and veggies. Maschio's Nutritionist, Kaila Fasano, listed the colors of the rainbow and had students name what fruits and veggies pertained to each color.

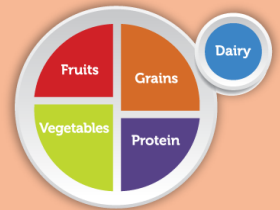
Prepared by: Sara Monk, RD  
Source: www.nourishinteractive.com

## LET'S CELEBRATE!

- National Egg Month
- National Smile Month
- Family Wellness Month
- National Salsa Month
- May 5th:** Cinco de Mayo
- May 5th:** School Lunch Hero Day
- May 14th:** Mother's Day
- May 29th:** Memorial Day

## WHAT MAKES A MEAL?

Each meal consists of **five** components:  
Meat/Meat  
Alternate, Grain,  
Vegetable, Fruit,  
and Milk



## FOR A REIMBURSABLE MEAL:

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**

**CONNECT WITH US!** Maschio's Food Services, Inc.  
 @maschiofood  
 www.maschiofood.com

## FOOD FOR THOUGHT!



**Watermelon** is a juicy snack packed with vitamin A, vitamin C, vitamin B6, and lycopene!

**Did you Know?**  
The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.

**Corn on the Cob** is a good source of fiber, thiamin and folate!

**Did you Know?**  
The average ear of corn has 800 kernels, arranged in 16 rows. There is one piece of silk for each kernel!



Source: nj.gov

## RECIPE CORNER: Chef Steve's Watermelon Skewers with Goat Cheese and Basil

Serves 8

### Ingredients:

- 16 each Bamboo Skewers 12"
- 48 each Seedless Watermelon, cut into 1" cubes
- 8 oz. Goat Cheese, crumbled

- 8 each Large Basil Leaves, cut into ribbons
- As Needed Extra Virgin Olive Oil
- 4 Tbsp. Balsamic Glaze
- To Taste Salt & Pepper

### Directions:

1. Soak bamboo skewers in water for 30 minutes.
2. Heat grill to high.
3. Carefully skewer 3 pieces of watermelon cubes onto each soaked skewer. Drizzle with olive oil and season with salt and pepper to taste.
4. Grill approximately 1 minute on each side or until grill marks appear per side.
5. Remove grilled skewers to a platter, sprinkle with crumbled goat cheese and basil ribbons. Drizzle again with olive oil and balsamic glaze; season with additional black pepper.
6. Serve 2 skewers per person.