

# Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools



The School Nutrition Association, a national, nonprofit professional organization representing more than 55,000 members who serve school meals to students across the country, has named Friday, May 4<sup>th</sup>, School Lunch Hero Day!

Remember to say "Thank You" to the Child Nutrition Workers for all their hard work!

## 'Tis the Season for Picnics, Camp Outs, Tailgates, and Cook Outs!

### Food Safety Tips When Dining Outdoors

- ☀ Wash your hands before and after you touch any food.
- ☀ Bring along hand sanitizer to use if you don't have access to a sink.
- ☀ Regularly clean items that handle food such as coolers, picnic baskets, and tote bags.
- ☀ Pack raw meats in their own containers and coolers with plenty of ice.
- ☀ Pack other ready to eat foods in a separate cooler.
- ☀ Make sure to eat perishable foods within 2 hours or within 1 hour if the outside temp is above 90°.
- ☀ Use separate utensils for raw and cooked foods.
- ☀ Bring a food thermometer to ensure your food has been cooked safely.
- ☀ Keep coolers closed as much as possible.
- ☀ Toss out food that has been out for longer than 2 hours.



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## May is National Egg Month!

 Why are Eggs Nutritious? 

- ⊗ Eggs are low in calories and high in protein.
- ⊗ Eggs contain all the essential amino acids our bodies need.
- ⊗ One large egg contains 70 calories and 6 grams of protein.
- ⊗ One egg is equal to an ounce of lean meat.
- ⊗ Eggs are one of the few foods that naturally contain vitamin D, a nutrient important for bone health.
- ⊗ One large egg is an excellent source of choline, an essential nutrient that supports brain function and memory capacity.

## Looking for a Fun Summer Egg Recipe?

### Veggie Egg Pops



*Dip the eggs in your favorite hummus, guacamole, or tzatziki sauce.*



Summer Feeding Programs Available:

Visit [www.meschildnutrition.com](http://www.meschildnutrition.com) and click on the Summer Meal Program sign on the left hand side.