

Arbor Management's Nutrition News-April 2022

April is National Gardening Month

Gardening has so many benefits, from putting you in a better mood to encouraging you to eat healthier. You can make gardening fun by doing a themed garden, like a pizza garden or salsa garden that includes everything to make your own. You don't need to have a yard to garden, even just a little pot with herbs in a kitchen window can be a good start.

7 Practical Perks of Gardening

1. It encourages you to eat healthier
2. It provides engaging, moderate exercise
3. It builds a sense of confidence
4. It helps kids develop STEM & analytical abilities
5. It relieves stress
6. It improves focus & memory
7. It positively impacts mood & psychological wellbeing

<https://www.rasmussen.edu/degrees/education/blog/gardening-for-kids-benefits/>

Banana Oatmeal Raisin Cookies

Ingredients

- 3 Ripe Bananas
- 1/3 cup margarine or butter
- 2 cups quick-cooking oats (uncooked)
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 teaspoon vanilla extract



Directions

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.
9. Move the cookies to wire racks or a towel. Let them cool completely.

What's In Season?

Asparagus

Onions

Lettuce

Morels

Peas

Mushrooms

Spinach

Parsnips

Thyme

Watercress

Sprouts

Broccoli



Nutrition Spotlight

National Banana Day – April 20th

Bananas are a great snack, but did you know this fruit is actually a berry and an herb? Because of the way bananas grow, they are technically not a fruit, though we do often lump them into the fruit category. Also, bananas are a great source of fiber, potassium, vitamin C, and other really important nutritional elements we need.

<https://www.wemakekidssmile.net/10-fun-food-facts-for-kids/>

FREE MEALS!

For ALL Enrolled Students
in school districts participating in the NSLP
Seamless Summer Option For the 2021-2022 School Year!
Check with Your School District for More Information



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