



BEANS!

Beans, a nutritional and appetizing powerhouse, belong to the family of plants called legumes. There are many bean varieties that all have their own unique shape, size and taste.

Diets that include beans have been proven to reduce the risk of heart disease and certain cancers. Studies have also shown that beans can be useful when managing diabetes for they may cut the risk of high blood pressure as well as be associated with weight loss. The USDA recommends that people should eat more than three cups of beans each week in order to gain the maximum health benefits they are known to provide.



PRODUCE OF THE MONTH

Offering Healthy Foods Fruit and veggie stand is a big hit!

A new element is being introduced to your students' lunch diets. NMS is rolling out fruit and veggie bars for your kids to enjoy.

We have fruits and vegetables available on a daily basis. A medley of canned, dried and fresh fruits are a few choices they will be offered. The fresh vegetable options could include a salad mix of spinach, carrots, broccoli, peas, and cucumbers. Beans like garbanzo, kidney and pinto beans are available too! Beans are a great way to add flavor and fiber to any salad.

The fruit and veggie bars are currently offered at:

- June Nelson Elementary School
- Kotzebue Middle/High School
- Buckland School
- Noorvik School

Slated next are the Kiana, Noatak and Selawik schools. The remaining schools in the district will have the fruit and veggie bars this spring.

Encourage your child to eat healthy by trying something new at the lunchtime fruit and veggie bar!



Paulianne Schaeffer grabbing some fresh vegetables from the offering bar during lunch at KMHS.

“The kids love the new fruit and veggie bars! It’s given them more control to make good, healthy choices for their lunch time meals.”

*~Della Karmun,
NMS Food Services*



Great Recipe: Black Bean and Sweet Potato Chili (serves 6)

You'd be amazed how much the kids like it!

Ingredients:

- 1 lb ground beef or turkey
- 1 medium onion, diced
- 2 small garlic cloves, diced
- 2 cups sweet potato, peeled and cubed (medium)
- 1 can diced tomatoes (with juice)
- 2 cans (14 1/2 oz) chicken broth (low sodium)
- 1/8" teaspoon ground cinnamon
- 1 tablespoons chili powder
- 1/2 to 1 teaspoon cumin
- 1/4 teaspoon red pepper flakes (optional)
- Salt and pepper to taste
- Water-add if needed for proper consistency
- 1 can (14 1/2 oz) black beans/rinsed and drained

Directions:

1. In large pan, add meat, onions and garlic and cook until the meat is done. Pour off any fat.
2. Add the remaining ingredients except for the black beans. Add water as needed. Bring to a boil and then lower the heat.
3. Partially cover the pan with a lid and simmer until the potatoes are tender (about 15 minutes).
4. Stir in the black beans and simmer for 10 more minutes.
5. As a garnish, top with 2 teaspoons of plain (non-fat) yogurt or 2 teaspoons cheese (low fat).



NUTRITION FACTS:

300 **calories**
8g **fat**
150mg **sodium**
9g **fiber**

Holidays & Celebrations

February:

Black History Month
Groundhog Day, Feb. 1
Valentine's Day, Feb. 14
President's Day, Feb. 20

Healthy Living

How about that H₂O

Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs, and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.



Water also helps the immune system and the digestive tract. There is no magic amount of water that kids need to drink every day, but a glass of water with every meal is a good place to start. And as the weather starts to get warmer and the kids are being more active outside, their water consumption should increase.

Dehydration happens when the body doesn't have enough water. It can cause feelings of nausea and disrupt healthy digestive activity.

So be sure your child drinks lots of water every day for a healthy, happy kid!

CONTACT US!

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