



# Quincy Quick Bytes



### TRY THIS! - RECIPE

#### **Baked Apple Pie Oatmeal**

#### **INGREDIENTS:**

- 1 cup rolled oats
- 1 Tbsp brown sugar
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 cup non-fat milk (or a non-dairy alternative)
- 1/2 tsp vanilla
- 1 large apple, peeled and cubed

#### **DIRECTIONS:**

Preheat oven to 375-degrees

Peel apple and cut into cubes. If you only have small apples, use two or three in place of one larger apple

In mixing bowl, combine oats, brown sugar, baking powder, salt, cinnamon, and nutmeg. In separate bowl, stir together the milk and vanilla.

Take two 4 or 5-in ramekins and layer half of the apples in each. Next put half the oat mixture in each followed by a couple of tablespoons of milk mixture over the oats. Continue to layer with apples, oats, and then milk.

Bake for 25-35 minutes, or until the apples are bubbling and the oats are browned.



Source: <https://naturallyella.com/baked-apple-pie-oatmeal/>

### AN APPLE A DAY—HEALTH TIP!

Dietary fats are an important part of our diet because they help us absorb certain vitamins (A,D,E,K!) Fats also can help us stay full longer, feel more satisfied, and improve brain health and function. There are 2 main types of fat: unsaturated and saturated.

Unsaturated fats are healthier for us and do not contribute to heart disease. They are liquid at room temperature. Think oils- avocados, nuts, and olive oil!

Saturated fats are usually solid at room temperature (butter, baked goods, and fried foods) and do contribute more to heart disease and weight gain.



### NUTRITION TRIVIA

Which of these food items are a good source of proteins?

- A. Broccoli
- B. Nuts
- C. Potatoes
- D. Rice

Answer—B.

*Protein is an important food group- it helps build our muscles and keep us full. Not all protein sources come from animals- foods like nuts, beans and legumes are good protein sources and they come from plants.*

### WHAT'S NEW IN NUTRITION?

Our amazing dietetic interns, Alghalia & Amanda, held an engaging, and calorie burning assembly for the second and third grade students at Beechwood Knoll Elementary School. They discussed the basic food groups, Myplate, beneficial exercises, and sugar consumption.

Amanda's Myplate demonstration and interactive relay race not only encouraged the children to get up and move, it also gave them hands on exposure to designing their own balanced meal!

Alghalia discussed how excessive sugar can be detrimental to our health and welcomed the students to participate in the conversation and sugar demonstration.

Alghalia also gave a nutrition talk with Mr. Lorenzano's 8<sup>th</sup> grade health class. She led a class discussion on mental health, mindful eating, and how nutrition plays a role in how we feel.

Alghalia & Amanda got creative in the North Quincy High kitchen by whipping up delicious recipes including sweet potato cake bites and chickpea chocolate chip cookies. Students were pleasantly surprised that they received a ½ cup of vegetables in their dessert!

The School Nutrition Department has been busy creating fun, new recipes for this school year. In September, the elementary school children enjoyed mini whole grain raviolis, while the secondary schools loved the new cheesy stuffed whole grain shells.



### EMPLOYEE SPOTLIGHT: Alghalia AlQabandi

Meet Alghalia! She is the dietetic intern who is working with us at the food service department. Alghalia is from Kuwait and is a graduate student at Boston University who is on her way to becoming a registered dietitian. During her time at Quincy, Alghalia worked at different school cafeterias to help the staff deliver meals to the students.

She was also involved in nutrition education: she taught 8th grade students at Point Webster the importance of nutrition in mental health and discussed sugar consumption with 2nd graders at Beechwood.



### REIMBURSEABLE MEAL:

Quincy School Nutrition Department is required by the USDA to provide the following FIVE components to make up a reimbursable meal: MILK, FRUIT, VEGETABLES, MEAT (or a vegetarian alternative such as yogurt, cheese, soy products, legumes, beans), & GRAINS. For a meal to be reimbursable, students must choose THREE full portions of the FIVE, with at least one choice being a fruit or a vegetable. It is our mission to meet these standards and provide students with a well balanced diet that meets the Healthy Hungry Free Kids Act (HHFKA).

