

Nutritional & Other

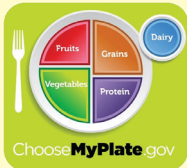
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**New Horizon Academy is Committed to Proper Nutrition**

At New Horizon Academy we know nutrition is an important part of a child's growing years. That is why we only serve whole wheat and whole grain items (every bread, pasta, cereal, and cracker you see on this menu) when possible, as well as cereal that is high in fiber and the freshest items available.

We serve a variety of fruits and vegetables and Kemp's Select, hormone-free milk, with each meal (toddlers are served whole milk, preschoolers and school-agers are served skim milk). Additionally, only 100% juice is served and water is available throughout the day. Age-appropriate portion sizes are provided at each meal and we follow the USDA's MyPlate



recommendations for portion sizes. Meals are served in a combination of pre-plated and family style, with an emphasis on self-serving at developmentally appropriate ages. New Horizon Academy's menu meets the Child and Adult Care Food Program (CACFP) meal standards for children.

**Farm2NHA connects our centers with locally grown food, or food raised by family farmers, for the mutual benefit of our children, farmers, and communities.**

We have recently partnered with the Institute for Agriculture and Trade Policy (IATP) to enhance our current menu and curriculum. With the support of the folks at the Institute for Agriculture and Trade Policy (IATP) we will help promote healthy eating habits and offer important learning opportunities for children during snack and mealtime. Plus, we will support neighboring small and mid-sized farmers.

The program will include fresh, healthy menu items, school gardens, classroom curriculum, interaction with nearby farmers, and community involvement.

 Look for this symbol for all of our locally grown selections. Locally grown items are subject to availability.

**Healthy Recipe to Enjoy**

Follow this recipe to create a meal that will appeal to your whole family! One that your kids will actually eat!

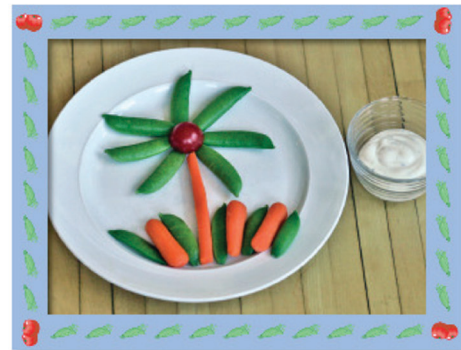
**VEGETABLE FLOWERS**

**INGREDIENTS:**

- 5 cups sugar snap peas
- 1 cup cherry tomatoes
- 3 cups carrot sticks
- 2 cups ranch dressing

**SUPPLIES:**

- large bowl
- 2 small bowls
- paper plates
- napkins



**DIRECTIONS:**

1. Invite the children to wash their hands and come to the table for a cooking activity.
2. Ask the children to pass around the vegetables and create their own "flower", using vegetables available to them.
3. Offer the children some dip to go with the flower.
4. Eat and enjoy!



**We are eating 900% more broccoli than we did 20 years ago.**