



A nourished student is a learning student!



Food For Thought

April showers bring May flowers!

April 2015

**HAVE A SAFE
SPRING BREAK!!**



Does your child own any money on their Nutrition Services account? Please try to pay off balances as the school year is quickly coming to a close. Thank You!

**WCS
NUTRITION
SERVICES IS
LOOKING FOR
A FEW GOOD
EMPLOYEES TO
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employment.**

Start This Spring by Buying Local - Stephanie Fawbush, Harper Hospital Dietetic Intern

With spring finally underway after this cold winter, everyone is excited to see the leaves come back on the trees, the grass becoming greener, and warmer weather! Also this spring, it is a great time to starting thinking about buying local right here in Michigan! Michigan provides a great variety of fruits, vegetables, and herbs throughout the entire year.

So why is it important to buy local produce?

Buying produce locally looks and tastes better. Because the crops are picked at their peak and then sent directly to local markets, less processing and preservatives are used, allowing the food to be at its freshest.

Local produce is also better for you. By decreasing the amount of time it takes for your food to go from farm to your table, fewer nutrients will be lost from your fresh foods.

Local food supports local families. When local farmers sell directly to their consumer, they are receiving full retail price on their food, eliminating the middleman. Therefore, farmers are able to maintain financially stable and can continue growing on their land.

Local food builds community amongst everyone. When buying directly from a farmer, you are able to establish a trusting relationship with your producer. You can learn from the farmer on their agriculture and the way of their land.

Buying local is an investment for the future. By supporting local farmers today, you are helping ensure that there will be farms in the community tomorrow. This is important for food security in the community.

Starting this month, asparagus, greens, and herbs are ready for picking, while this is this is the second month for broccoli and cabbage picking in Michigan. To see Michigan's typical crop availability for the year, you can visit www.pickyourown.org/MIharvestcalendar.htm.

So get out there to your local farmers' market or grocery and support Michigan farmers this season!

April is Stress Awareness Month - information gathered from the Mayo Clinic

Do you turn towards food to find comfort during stressful life moments? Many of us crave food when we are at our weakest point emotionally. Eating can be a way to help suppress negative emotions such as stress, and can result in binge eating for some people.

To help stop emotional eating try these following tips.

- Tame your stress—try meditation, relaxation techniques, or yoga
- Keep a food diary—over time you might see patterns that connect your mood and food
- Get support—lean on others during stressful times or join a support group
- Take away temptation—don't keep supplies of comfort food on hand
- Snack Healthy—fill the urge to eat in between meals with fresh fruits and vegetables