



Jackson County Food Service Newsletter



Did You Know?

- Carrots are available year round in grocery stores but are grown in the summer.
- Carrots are grown from a tiny seed and they are root vegetables like onions.
- Carrots are high in Beta Carotene which helps in healthy vision. They also help your heart and immune system be healthy.
- Carrots are a great source of fiber and vitamin C.
- Carrots are about 87% water.
- One cup of raw carrots contains about 52 calories.
- The longest carrot ever recorded was nearly 17 feet long!
- The largest carrot ever recorded weighed over 18 pounds!
- Eating too many carrots can cause a person's skin to turn yellowish orange, especially on the palms of the hands and the soles of the feet.



Tokay's Tidbits



Happy Birthday To:

April Jones- April 3
Penny Myers- April 11
Yaritza Castro – April 22
Lorraine Green- April 18
Teresa Godwin- April 16
Becky Drummond- April 14
Margaret Jones- April 20
Carolyn Anemos- April 22



Earth Day 2011

Earth Day is celebrated on April 22nd every year.

It started in 1970 by its founder Gaylord Nelson.

You can help celebrate Earth Day by riding the bus to school and recycling all your trash

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Ingredients

- 1/2 pound carrots, shredded
- 1/3 cup golden raisins
- 1/3 cup plain yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon honey
- 1 dash cinnamon
- Lettuce Leaves

Instructions

Combine the carrots, raisins, yogurt, mayonnaise, honey and cinnamon if desired in a small bowl. Chill for several hours or overnight. Serve in a lettuce-lined bowl



Reminders

- School Menus available online at www.sodexoeducation.com
- Free & Reduced Application are available to all students
- Kids check out Lift Off's website at www.liftoffsplayground.com for great activities and fun!

EXTRA! EXTRA!

For some more help with getting back in shape after the holidays, visit:

<http://www.webmd.com/diet/default.htm>

Or

<http://weightloss.about.com/od/beginnerscorner/tp/begexerguide.htm>

For some great ideas for activities you can do with your child, visit:

<http://www.apples4theteacher.com/holidays/winter/>

To find a great recipe for fruits and veggies that is in season visit:

<http://www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/InSeasonview/InSeason?OpenDocument&month=1>



Margaret Jones

Margaret Jones has been working for Jackson County Food Service for 21 years. She has been the manager at Graceville Elementary for 8 years. She has seen lots and lots of changes in food service since she started 21 years ago. Margaret has five wonderful kids—four girls and one son. She has five grandsons and two granddaughters and waiting on her third granddaughter at anytime now.

Margaret loves her family, her home and her job. Her special interest is crocheting and loves gardening.