
The Kitchen Explorers Newsletter 2023/2024



Lake City Community School is part of the National School Lunch Program (NSLP) and believe that well- nourished children are ready to learn and research has also shown that children do better in class. When we offer our students plenty of healthy food choices and regular physical activity, they learn healthier habits for life. Being part of the NSLP we are able to teach lifelong healthy habits and choices.

It is great if you can find your healthy eating style that works for you and maintain it for a lifetime. Knowing that everything you eat and drink over time really matters. The right choices can help you maintain and be healthier now and in the future.

My favorite time of the year is fall with cooler weather, the beautiful color of changing leaves and all the array of wonderful aromas that fill the air. From pumpkin, apple, maple, nutmeg and cinnamon these are the best aromas to fill the air and our stomachs. The fall is a great and fun time for harvest foods as well as fun family crafts. I also will have a coloring page for your little ones to print off and color.

Remember that just simple changes can make a huge difference. Check out the links in the column for a great family fun night.

I hope that you have a great 2022/2023 School Year and I look forward to feeding your students a wonderful and nutritious breakfast and lunch from the Lake City Community School Kitchen!! Happy New School Year and Welcome Back!!!!

GO 14'ers



September 2023

“Healthier Habits for Life”

Article 1

Great family fun crafts

A cute fall apple banner

<https://www.happinessishomemade.net/apple-stamped-banner/>

Fall leaf lantern

<https://www.happinessishomemade.net/fall-leaf-lanterns/>

Family Fun Recipes

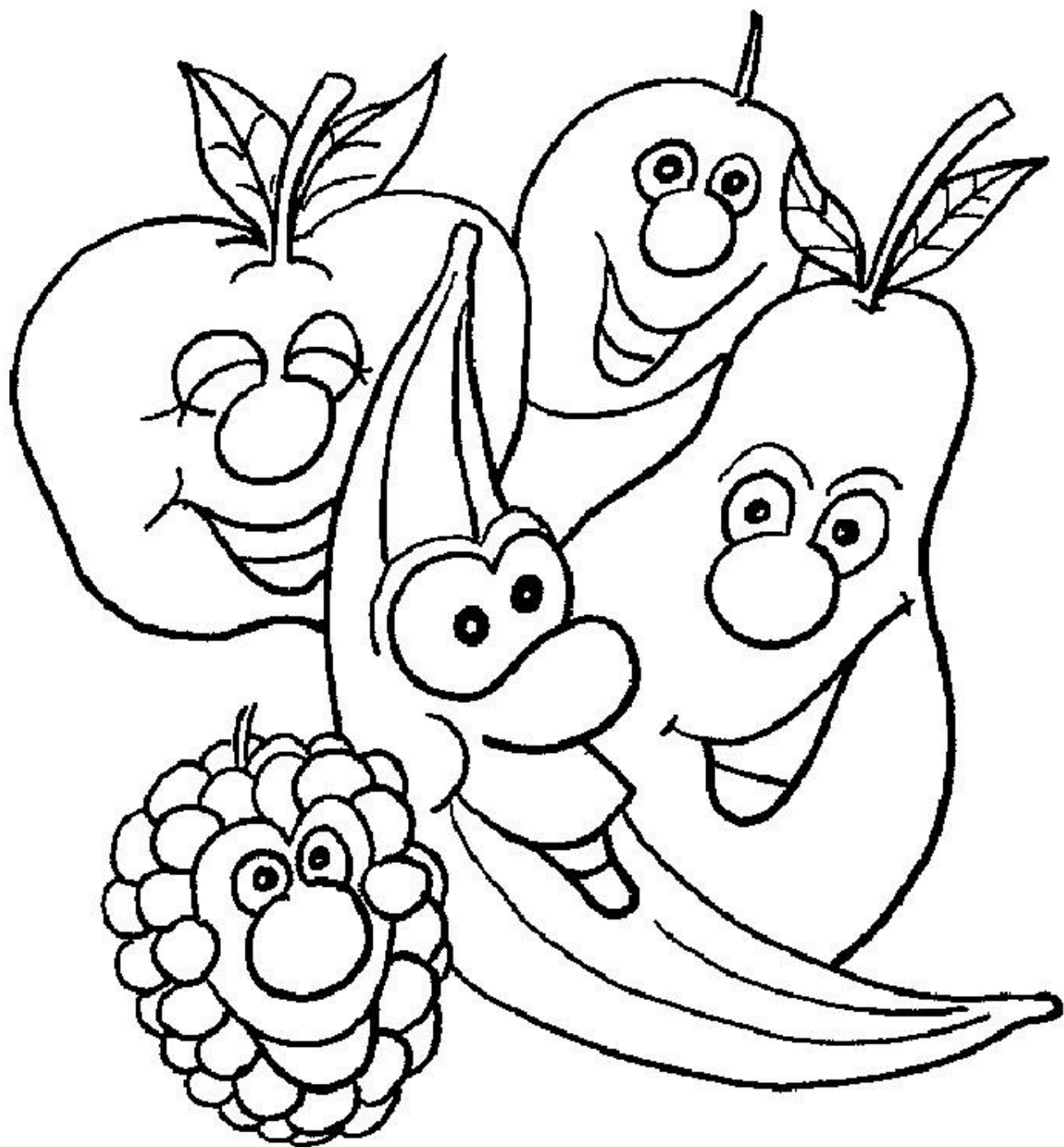
<https://healthvfamilyproject.com/12-healthv-fall-inspired-recipes/>

<https://www.delish.com/cooking/recipe-ideas/a3497/healthv-fall-recipes/>

A great website for all things healthv and kids is:

<https://www.mvplate.gov/>





Fruit: apple, banana, berry, plum



Welcome

Back to

School!