HealthMPowers presents

Family Taste Testing Newsletter

Strong Spinach

How to pick the perfect spinach… Choose spinach with vibrant, deep green leaves. Leaves should look fresh, tender and not wilted or bruised. Spinach stems should be fairly thin. Make sure the stems show no signs of yellowing. Shake bagged spinach to make sure the leaves move freely. Use spinach in salads, smoothies or part of a main meal. When cooking spinach, use tongs and gently toss and turn until all the leaves make contact with the bottom of the pan. Cooked spinach should be completely wilted and bright green.

- Spinach is a superfood and an excellent source of vitamins and protein .
- Antioxidants in cooked spinach promote skin, hair and bone health.
- Spinach is rich in iron to help red blood cells carry oxygen throughout the body.
- Spinach is low in carbs and high in fiber which aids the digestive process.

Read Feed

- Sylvia's Spinach by Katherine Pryor
- Sneaky Spinach by Alexis Schulze

NOTE: Some books can be found on Youtube as read alouds

Super Snacks

School success is linked to healthy eating. Snacking is important to a child's growing mind and body as it meets their energy and nutrient needs. Serve snacks in small portions to be eaten a couple of hours before a main meal.

- Replace lettuce on a sandwich with baby spinach leaves.
- Spinach is perfect for smoothies with your choice of low-fat milk and frozen fruit.

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