

# **SMOOTHIES *for*** **STUDENT NUTRITION** **PROGRAMS**



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# INTRODUCTION

Nutrition 4 Kids (N4K) supports Student Nutrition Programs (SNP) in Leeds and Grenville schools and community organizations. Healthy eating helps children learn, play, grow and develop. Proper nutrition can help children get the most out of their school day.

This program contributes to student learning and overall health. SNP, in the school or community organization, can support a healthy diet, improve cognitive functioning, improve behavior and increase school attendance.

By participating in SNP, children and youth have the opportunity to learn about food preparation and healthy eating habits.

## **N4K Mission:**

To ensure that each child in Leeds and Grenville attends school well nourished and ready to learn.

How does N4K support its mission?

- N4K distributes funding to student nutrition programs
- N4K offers support to initiate and maintain student nutrition programs
- N4K facilitates the sharing of information between student nutrition programs
- N4K promotes awareness of student nutrition programs in our community
- N4K provides resources to student nutrition programs
- N4K delivers best practice workshops to staff and volunteers
- N4K develops community partnerships to increase financial support

## **FIVE EASY STEPS TO MAKING A DELICIOUS, NUTRITIOUS SMOOTHIE:**

- 1. Carefully wash your hands, fruit and vegetables you will be using, the surface you are working on and utensils you are using.**
- 2. Select fruit and veggies you will be using. Choose different colours.**



- 3. Choose your liquid**
- 4. Add fruits/vegetables and yogurt to blender first.**

### **TIPS:**

- **add spinach or kale first so that the stems do not get caught in the lid during blending.**
  - **place ingredients loosely in blender, do not pack**
- 5. Blend all ingredients together until it reaches the desired consistency. Add more liquid as necessary**

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## **SAFE FOOD AND EQUIPMENT HANDLING**

**CLEAN:** Wash hands, fruits and veggies, counter tops and utensils before you start preparing food and between tasks.

### **Wash Hands:**

1. Wet your hands with warm running water and apply soap.
2. Wash hands for at least 20 seconds (be sure to wash front and back of hands, between fingers and under nails)
3. Rinse hands thoroughly under running water.
4. Dry hands using a clean cloth or paper towel.

### **Clean Surfaces:**

1. Clean surfaces with hot water and soap to remove dirt and debris.
2. Sanitize surfaces.
3. Make sure all equipment has been washed and cleaned.

### **Safe Equipment Handling:**

1. Make sure you have all equipment and utensils before you begin. (blender, measuring cup, spoons, knife, spatula, scissors, cutting board)
2. When using a knife to cut food, always have adult supervision, cut away from the body, and pay attention to what you are cutting. Hold knife pointing down. Put knife away when not in use.
3. Use blender on a stable surface and in a low traffic area ensuring cord and plug are in a safe position.
4. Put all ingredients in blender before turning on.
5. Close the lid and hold cover tightly.
6. Do not leave blender unattended.
7. Do not leave blender running
8. Never place utensils in blender when it is running or plugged in.

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## EQUIPMENT NEEDED



**Blender (2)**



**Spatulas, Spoons, Cutting Board,  
Scissors, Measuring cups**



**Dish soap, tea-towels, wash cloth**



**Disinfectant Wipes**



**Dixie cups (4 oz.)**



**Tablecloth vinyl or plastic**

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## BENEFITS OF SMOOTHIES

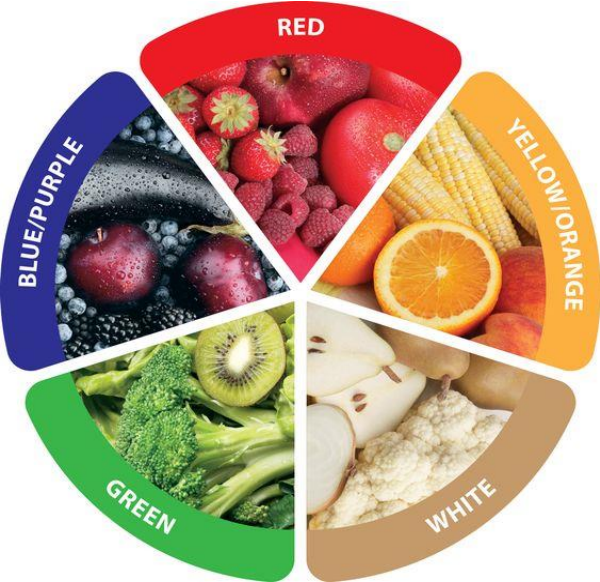
**Some of the benefits of drinking a smoothie:**

1. Energy
2. Eat more fruits and vegetables
3. Put more fiber in your diet
4. Quick and easy to do
5. Easy to digest
6. Antioxidants
7. Get lots of nutrients at once
8. FUN for kids and adults alike. Kids LIKE them 😊
9. Can put in add ins to get extra nutrients
10. Delicious!!



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**Choose fruits and vegetables from as many colours in the colour wheel below as possible:**



**By choosing lots of different colours you are providing:**

White	Bone and Joint Health
Orange	Eye Health
Red	Cardiovascular Health
Purple	Brain Health
Green	Immune Health



## RECIPE CHECKLIST

A healthy recipe can be a great addition to a SNP. Listed below are things to consider when selecting a recipe.

1. All ingredients in the recipe meet the MYCS SNP Nutrition Guidelines.
2. The recipe does not contain food items from the “do not serve” list identified in the MCYS SNP Nutrition Guidelines.
3. The recipe does not have products containing peanuts and other nuts if in an elementary school.
4. The recipe uses kitchen equipment that is available to your SNP eg. bowls, griddle, blender, etc.
5. The recipe includes ingredients that can be purchased through a food distributor or at the local grocery store.
6. The recipe uses ingredients that are affordable.
7. The recipe requires basic food preparation and cooking skills that are familiar to SNP volunteers.
8. The preparation time is reasonable for SNP volunteers.
9. The cooking time is reasonable for SNP volunteers.
10. The recipe is adaptable and substitutions can be made if needed.
11. The recipe is easy to serve for your program.
12. If applicable, students are able to assist with the recipe preparation.

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## RECIPES

### START THE DAY SMOOTHIE

1 package (16 ounces) frozen peaches      3 cups orange juice  
2 containers (6 ounces each) plain yogurt      garnish – 1 whole strawberry

1. Combine ingredients in blender and blend until smooth.
2. Serve and enjoy.

### ENERGY SMOOTHIE

1 package (16 ounces) frozen, unsweetened strawberries, partially thawed      1 cup milk or soymilk  
1 medium ripe bananas      1 container (6 ounces) lemon or vanilla yogurt

1. Combine strawberries, bananas, yogurt, milk, in blender. Process until smooth.
2. Serve and enjoy.

### CRANBERRY ORANGE SMOOTHIE

2 cups fresh or frozen peach slices      1 – 3 ice cubes  
1 ¼ cups orange juice      fresh orange slices & cranberries  
½ cup whole berry cranberry sauce

1. Combine peaches, orange juice and cranberry sauce in blender. Process until smooth.
2. Add 3 ice cubes if using fresh fruit or 1-2 ice cubes if using frozen fruit. Process until smooth. Garnish with orange slices. Serve immediately.

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## LIGHT LEMON STRAWBERRY SMOOTHIE

1 cup frozen, unsweetened strawberries

$\frac{3}{4}$  cup 2% milk

1 tablespoon lemon juice

maple syrup to taste

2 ice cubes

fresh lemon and strawberry slices

$\frac{1}{2}$  cup plain non-fat yogurt

1. Combine frozen strawberries, milk and lemon juice in blender. Blend until smooth.
2. Add yogurt. Blend until smooth.
3. Add ice, if desired to thicken. Blend until smooth.
4. Garnish with lemon and strawberry. Serve immediately.

## TROPICAL SURPRISE

2 cups caribbean flavoured frozen mixed fruit

1 cup of kale or spinach

1 banana

3 cups unsweetened orange juice

1 cup of low fat plain yogurt

1. Combine all ingredients in to blender. Process until smooth.
2. Serve immediately.

Note: Orange juice can be diluted with half and half coconut water.



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## **BLENDED BERRY MIX**

2 cups of frozen, mixed berries (blueberries, strawberries, blackberries, raspberries)

1 cup kale or spinach

1 banana

3 cups unsweetened orange juice

1 cup of low fat plain yogurt

1. Combine all ingredients in to blender. Process until smooth.
2. Serve immediately.

Note: Orange juice can be diluted with half and half coconut water.

## **BANANA SPLIT SMOOTHIE**

1 frozen banana, 2 cups frozen strawberries

$\frac{3}{4}$  cup of plain greek yogurt

1 cup low fat chocolate milk

1. Combine all ingredients in to blender. Process until smooth.
2. Serve immediately.



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## CONCLUSION

Some students will have had an exposure to smoothies before. For some students this will be a first time experience. People's tastes and sense of adventure for trying something different may vary. For this reason we suggest trying at least two different types of smoothies during the presentation.

**Important note:** Take in to account any special diet considerations such as:

- Vegetarian diet
- Intolerances and allergies (eg) Lactose intolerance, nut and other allergies etc.)
- Cultural differences
- Medically directed diet

Student Nutrition Programs are a wonderful vehicle to educate children and give them opportunities to try a variety of healthy eating alternatives. Smoothies are a great way to contribute to students receiving the necessary fruits and vegetables to help promote optimum health.

## REFERENCES AND ADDITIONAL INFORMATION

<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/fruits-vegetables-legumes-fruits/index-eng.php>

<http://www.onegreenplanet.org/natural-health/why-smoothies-can-change-your-life/>

Leeds, Grenville and Lanark District Health Unit:

Food Safety:

<http://www.healthunit.org/foodsafety/>

Canadian Partnership for Safety Education:

<http://befoodsafe.ca/be-food-safe/>

Fight Bac:

<http://www.fightbac.org/>

<http://www.fightbac.org/food-safety-education/recall-basics/>

MCYS SNP Nutritional Guidelines:

[http://www.children.gov.on.ca/htdocs/English/documents/schoolsnacksandmeals/nutrition\\_guidelines\\_2008.pdf](http://www.children.gov.on.ca/htdocs/English/documents/schoolsnacksandmeals/nutrition_guidelines_2008.pdf)

Nutrition for Kids of Leeds and Grenville

[www.n4klg.com](http://www.n4klg.com)