

Sodexo News in *Bordentown Regional School*

Food Allergy Awareness Week

May 10-16, 2015

Food allergies are a growing food safety and public health concern that affect an estimated 4%-6% of children in the United States.

Eight foods or food groups account for 90% of serious allergic reactions in the United States: milk, eggs, fish, crustacean shellfish, wheat, soy, peanuts, and tree nuts. Another allergy that has been on the rise would be a sensitivity to gluten.

Sodexo is well equipped to manage our students food allergies. We are constantly reinventing our menus and searching for allergen free products. We work closely with school nurses and parents to make sure we offer meals that are safe for our students with allergies to consume. Please feel free to contact Amy Krehely, RD your school district Registered Dietitian with any concerns or questions.

May is National Strawberry Month

Strawberries contain a surprising amount of nutrients that provide incredible health benefits. They are also incredibly delicious! Strawberries are low in sugar (only 7 grams per serving), making them a naturally sweet indulgence.



Strawberries are referred to as a super food because they have high levels of potassium, folate and fiber and rank as the best fruit source of Vitamin C, a crucial antioxidant vitamin.

FUN FACTS:

- There are about 200 seeds in just one strawberry.
- Strawberries are picked by hand because they are very fragile and easily bruised.
- Over 80% of strawberries distributed throughout the United States are grown in California; they produce over 1 billion pounds a year!



Amy Krehely, RD

Sodexo School Dietitian

Did you know your School District has a Registered Dietitian?

Amy Krehely, RD is registered dietitian for Sodexo School Services in your school district. She received her degree from Rutgers University and completed her internship with the Sodexo Allentown Dietetic Internship Program. Amy has been an RD for almost 10 years and also has experience working as a clinical dietitian for Hunterdon Medical Center and Robert Wood Johnson University Hospital Somerset. Her interests include holistic nutrition and childhood health and wellness.

What does a dietitian do in a school? Amy works with Sodexo management to ensure the cafeteria menus and snacks are compliant with all USDA federal regulations. She provides the school nurses with carbohydrate counts for students with diabetes and researches food labels to find possible food allergens for students with food allergies.

Amy also develops and presents interactive nutrition and physical activity presentations to students and the community. She is available to parents, students and school faculty for any nutrition related questions and concerns.

If you would like to reach out to Amy please email her at amy.krehely@sodexo.com.

Let's Get Cooking

Strawberry Salsa with Baked Corn Chips

INGREDIENTS:

1/4 C Red onion (diced)

1 Jalapeno pepper (minced)

1 Yellow bell pepper (diced)

1 Green pepper (diced)

DIRECTIONS: Prepare all ingredients as directed. In medium bowl mix all of the ingredients except for the chips. Serve the salsa with the chips on the side.

1/2 Cucumber (diced)

1 Pint Strawberries (diced)

1/2 C Pineapple (diced)

1/2 Cilantro leaves

1/2 C Orange juice

2 T Lime juice

2 T Extra virgin olive oil

Salt and pepper to taste

