

Food Trends

Nurturing Healthy Minds & Bodies
in K-12 Texas Schools

Published by ECI Management Group

Family Time... Keeping our Kids Lean

The lazy days of summer are now behind us and the frantic days of fall have begun. This time of the year it seems like the only time you see anyone sitting down for a family dinner is on late night reruns of Leave it to Beaver or the Brady Bunch. Sadly Peoples busy schedules and Fast Food Restaurants have made routine family dinner time almost extinct.

There are obvious reasons to not eat out as much like saving money for starts. The average American family spends about \$4,000 a year dining out says Jeff Yeager,

of "Good Housekeeping" magazine. A typical restaurant meal of spaghetti, meatballs, salad and bread costs \$20 prepared at home, but will run double or triple that price at a restaurant and that is not including the tip and the gas to get there. But if that isn't reason enough to skip the fast food line for some family time, Eating in encourages better eating habits. Research Shows when families dine together, they tend to eat more vegetables and fruits and fewer fried foods, soda, and foods with trans fats. When younger kids frequently eat dinner with their families, they are less likely to be overweight than other children rates. And did you know during the meal

provide opportunities for the family to bond, plan, connect, and learn from one another. The National Center on Addiction and Substance Abuse (CASA) recently reported on a national phone survey of 1,000 teens and 829 parents of teens. Eating dinner as a family helped kids in many ways. It helped them get better grades, and kept them away from cigarettes, alcohol, marijuana, and more. Of teens who eat with their family fewer than three times a week, 20% get C's or lower on their report cards, according to the CASA report. Only 9% of teens who eat frequently with their families do this poorly in school. ~

An Apple a day... Or should I Say Pomegranate

Chef Amie Aller recalls a fun trip to the store. "While walking through my favorite Grocery store with my daughter, we came upon the Produce section" She started looking through the array of colors trying to find a fruit or vegetable that her mom could not identify. It didn't take her long to find this strange, red, leathery skinned fruit with a crown sitting on top of it. She comes running up to her mother and says "I bet I got you this time mom" and holds out this odd fruit. Chef Amie examined it, acting like she may not know what it is, and replied "It's an Indian Apple". A shocked expression came over her face. She has yet been able to stump her mom. "That's what I use to call them when I was your age" chef continued. "It's actually called a pomegranate".....



Whether you call it an Indian apple, china apple or its correct name the Pomegranate, There is no denying this Jewel of Autumn is Royalty amongst fruits and September is the beginning of their peak season.

Pomegranate can look a little intimidating to eat, Once you have cracked open the outside and gaze into its beauty within, then what? The Ruby red Arils (seeds) are the stars of this edible art. The contrasting white pulp is only for show. The arils float and the pulp sinks, so Separate the two in a bowl of water.

So what is so special about a pomegranate? This Super fruit is not only rich in health benefits such as Antioxidants, Fiber and cancer fighting attributes; it also is rich in history. These Gems are one of the oldest fruits in existence, dating back to 100 B.C. They have been mentioned in the Bible, The ancient Romans used their rinds as a form of leather, The Egyptians believe them to be a symbol of fertility, and some Jewish scholars believe it was the pomegranate, not the apple that was the forbidden fruit in the garden of Eden.

Management Company Focuses on Educating Students

Although school lunches can not replicate the dinner table with family, ECI Management Group offers solutions to keeping an interest in nutrition with stress free and fun educational programs.

ECI Management Group approaches this topic in a variety of ways including new seasonings such as Culinary Clips . The Culinary Clips Program includes a monthly theme offering the history of varied foods. During the Month of October, ECI will include its teachings on the menu and even offer learning material to those students that are interested. Sherri Combs, manager of Saint Elizabeth Ann Seaton in Keller, TX, has taken a proactive approach to keeping the students interests. "Who would think that a 4th grader would eat Quiona and Black Beans?" says Combs. "When you have some fun with the Culinary Clip of the month, their interest is peaked and the willingness to try new foods also increases". These new standards, will promote an exciting 2013/2014 school year at ECI Management Group.

North Texas Giving Day

The 5th annual North Texas Giving Day on September 19th smashes a new record by raising 25.2 million dollars In just 17 hours. This is well over double the 2012 results which totaled \$10.8 million.

"In only five days since 2009, \$60 Million has been raised for local nonprofits on North Texas Giving Day," says Brent Christopher, President and CEO of Communities Foundation of Texas which founded and presents North Texas Giving Day.

This huge success was partly due to the overwhelming donations from the parents and staff at your schools. Because of your generosity 1,351 non profit organizations received donations. For more information on this event and the donations made go to <https://www.donorbridgetx.org>

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“OUT OF THE OVEN”



Spinach Pomegranate Salad

Recipe From Pomegranate council

8 cups spinach leaves, no stems, torn to bit **size pieces**

2 small oranges peeled, cut into bit size pieces

¼ to ½ small red onion

½ medium pomegranate, seeded

Combine spinach, oranges, and onion in serving bowl and toss to mix. Add pomegranate arils to salad.

Dressing:

2 tablespoons vegetable oil

2 tablespoons honey

2 teaspoons grenadine syrup

¼ teaspoon chili powder

Combine oil, honey, grenadine syrup and chili powder and mix well. Pour dressing over salad, and toss gently.