

Food Trends

Nurturing Healthy Minds & Bodies
in K-12 Texas Schools

Published by ECI Management Group

ECI is ringing in the New Year with fun nutrition and education!

ECI Management Groups is committed to making nutrition their priority with the introduction of Culinary Clips. Students will be encouraged to learn about-and taste- foods and flavors from the latest food trends and around the world.

From recipe contest, Chef for the Day and Culinary Clips to Culinary Clubs and Take Out for Teachers. We promise fun, nutrition and education for everyone. Look for our upcoming events to be interactive, exciting, and hands on!

Eating has never been so interesting!

Saint John's Comucopia creations were filled with fun and education!

The students at Saint John had fun with Chef Don creating their comucopias and learning about baking. This hands on approach not only got the students excited to learn but also gave them the opportunity to be creative.



January
Optimizing You Energy



Students Learning the benefits of Smoothies and Juicing

There is a lot of hype today about juicing, and no we are not talking about the performance enhancing drugs! We are talking about the performance enhancing Vitamins and minerals found in the fresh ingredients of a smoothie or juice!

This January students learned how super foods can energize not just the body but the mind as well! With quality types of ingredients from parsley for antioxidants to powerful C-vitamin packed fruits like oranges and strawberries, the most powerful nutrition available to the body comes out of great tasting smoothies and juicing for a powerful combination of full micronutrient servings of essential vitamins and minerals.



"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

— Ann Wigmore

Chef for the Day was a huge success

In November ECI donated a Chef for a Day to Saint Elizabeth's silent auction as part of their gala event. It was a huge success bringing in a much higher monetary amount than expected for the school.

The lucky winner received

- Time in the kitchen with a fully trained ECI kitchen manager
- A lesson on kitchen safety and etiquette.
- Instruction on menu preparation, as well as proper nutrition and dietary tips.
- A personalized chef coat to own with name and thermometer, a souvenir to make official being part of the team.
- A special table just for four during lunch.

"Best day ever! First Class all the way and the best thing ever from the Gala."



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"Recipe of the month"



Protein Packed Strawberry Banana Smoothie

Ingredients

- 2 cups plain fat-free yogurt
- 2 ripe medium bananas
- 2 cups sliced fresh strawberries or frozen unsweetened strawberries
- 2 tablespoons honey
- 2 tablespoons peanut butter

In a blender combine yogurt, bananas, the sliced strawberries, honey, and peanut butter. Cover and blend until nearly smooth, stopping to scrape down sides of container as necessary. Divide among four glasses. If desired, garnish with whole strawberries.