



JUNE

ZPS FOOD SERVICE NEWSLETTER



Summer Recipe Inspiration

Are you looking for simple summer meal and/or snack recipes? Below are some great links to nutrient-dense recipes that you and your family are sure to love!

[Snack Ideas](#)

[Entree Ideas](#)

hello
SUMMER

Summer Farmer Series

Students participating in the Summer Meal Program will notice a variety of local Michigan produce from farmers in West Michigan.

Asparagus, strawberries, blueberries, apples, and more have all been featured at our sites.

Click the links below to learn more about where Zeeland Public Schools sources its local produce.

[Crisp Country Acres](#)

[Gavin Orchards](#)

SFSP Summer Meal Sites

The ZPS Food Service Department will be operating summer food service programs (SFSP) and summer meal sites at The Bridge in downtown Zeeland, Helder Park, and Roosevelt Elementary School. **PLEASE NOTE: There will be no meals served the week of June 30th.**

The Bridge

Address: 210 E Main Ave Zeeland MI 49464

Dates: Monday - Thursday; June 9th - August 7th

Time: 12:00 - 1:00 PM

The Bridge Youth Center will be providing **FREE** lunch to children 18 and under (or up to age 26 if enrolled in a special education program), Monday thru Thursday starting Monday, June 9th. Lunch must be eaten on site.

Helder Park

Address: 3751 104th Ave Zeeland, MI 49464

Dates: Mondays; June 9th - August 4th

Time: 10:30 AM - 12:00 PM

FREE meal boxes containing 7 breakfasts and 7 lunches will be provided to children 18 and under (or up to age 26 if enrolled in a special education program) every Monday. Meals do not have to be eaten on site. Please complete the form linked **HERE** to pre-register for a 7-day meal box pickup for your student(s).

Pick Up Dates

June	July	August
Monday, June 9th Monday, June 16th Monday June 23rd	Monday, July 7th Monday July 14th Monday, July 21st Monday, July 28th	Monday, August 4th

Roosevelt Elementary

Address: 175 W Roosevelt Ave Zeeland, MI 49464

Dates: Tuesdays; June 9th - August 8th

Time: 12:30 - 1:30 PM

Roosevelt Elementary will be providing **FREE** lunch to children 18 and under (or up to age 26 if enrolled in a special education program), every Tuesday, starting on June 10th. Lunch must be eaten on site.

Michigan Harvest of the Month

CORN



FUN FACTS

- Corn was first domesticated in Mesoamerica over 10,000 years ago.
- There are six major types of corn: dent or field, flint, flour, pod, popcorn, and sweet.
- MI sweet corn is harvested from July - September.
- MI field corn is harvested from October - November.
- Corn is a great source of fiber, folate, and magnesium.
- MI farmers harvest nearly 1.5 million bushels of sweet corn each year.

Creamy Chipotle Corn Salad

Ingredients

- 2 tbsp low-fat mayonnaise
- 2 tbsp plain nonfat Greek yogurt
- 2 green onions, sliced
- ½ cup Cotija cheese, crumbled
- 2 tbsp lime juice
- ¼ tsp salt
- ¼ tsp chipotle chili powder
- 4 cups cooked corn

Instructions

- Whisk everything but the corn in a large bowl.
- Add corn and mix gently to combine.
- Serve or store covered in the refrigerator for up to three days.

Change It Up

- Add a diced avocado and reduced or low-sodium (salt) or no salt added canned garbanzo beans, drained and rinsed.
- Spice it up with fresh jalapeno, seeded and finely diced.
- Make it a creamy salsa. Add chopped tomatoes and serve with tortilla chips.

Zeeland Hospital Summer Nutrition Classes

Are you interested in participating in free nutrition classes? Do you want to prioritize your physical health this summer? Click [**HERE**](#) to learn more about the programs offered by Zeeland Hospital, and other community organizations. Many of the activities offered are free and family-friendly.

Double Up Food Bucks

Did you know you can use your EBT card at participating Farmer's Markets to purchase SNAP eligible items? Get an equal amount in **FREE** Double Up Food Bucks (up to \$20/day) for Michigan grown fruits and vegetables. **NO REGISTRATION REQUIRED!** Click [**here**](#) to learn more.

ZPS Wellness Policy

As required by law, the Board of Education establishes a Wellness Policy for the Zeeland Public School District. The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. To review the Wellness Policy, click here, or visit the Wellness Policy tab located under the Food Service Department webpage. Anyone wishing to discuss the ZPS Wellness Policy may contact Sarah Stone, ZPS Food Service Director.

Sarah Stone

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Sun Bucks

Michigan Summer EBT is a program to help families buy food for their school-aged children during the summer. Families will get \$120 for each eligible child to buy groceries during the summer. Children who get Michigan Summer EBT can still participate in other summer meal programs. Some families will get Summer EBT benefits automatically, but some families will need to apply. Families must meet the income and program requirements to be eligible. Applying for or receiving Summer EBT does not affect the immigration status of your children or family. Click [**HERE**](#) to learn more.