

FOOD SERVICE NEWSLETTER

Excerpt from the WA State Department of Health 2019 Train-the-Trainer and Resource Toolkit for EO 13-06 and the DGA's. (Dietary Guidelines for Americans)

#7 - The guidelines recommend we limit added salt.

Salt is also referred to as sodium. Lots of salt in our diet can increase our risk for high blood pressure. High blood pressure can damage our kidneys and our eyes, and may lead to heart attacks and strokes. Most of the salt in American's diets comes from highly processed foods, not from the salt shaker. The recommended amount of salt is no more than 1 teaspoon of salt per day.

Examples of foods that may be high in salt are chips, pretzels.



FEATURED ITEM

Mrs. Dash Southwest Chipotle

Commissary Item #9021



Nutrition Facts	
Serv. Size: 1/4 teaspoon (0.7 g)	
Amount Per Serving	
Calories 0	Cal from Fat 0
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Incl 0g Added Sugar	0%
Protein 0g	
*Vit A 0%	*Vit C 0% *Calcium 0%
*Potassium 0%	*Iron 0%
% Daily values based on a 2000 calorie per day diet	

The "Mighty" Potato

Benjamin Franklin hailed the potato, that was not native to North America. The history of the potato is long and well traveled. The potato was introduced to Europe from South America by the Spanish and, while it is established in Ireland, it took a long time to spread.

In 18th Century France, the potato was thought to be poisonous. The potato belongs to a plant family called the night-shades, which has a few members that are poisonous. It wasn't until 1772 that the Paris Faculty of Medicine even declared the potato edible.

At the time, Franklin was the US ambassador to France and helped show the French just how versatile the potato was. In 1778, Franklin is said to have inspired a man named Antoine-Augustin Parmentier to host a dinner series, in which all the dishes featured spuds. The dinner was a success and Parmentier continued hosting them for seven years.

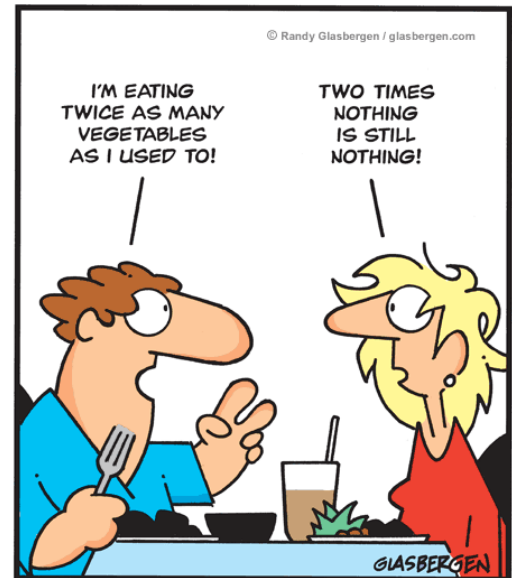
The French embraced the potato as one of their own and advanced its culinary potential by leaps and bounds. Mashed potatoes, french fries and potato gratin are just some of the things perfected under the French, which we Americans are thankful for.

Religious Meal Participation:

A reminder of the next cutoff date to sign up for a religious diet option is April 15th. Those diets would take effect on May 1st.



Fun Food Facts & Food Humor



1. Q. Which condiment has the most kick?
2. Q. Which friends should you always take out to dinner?
3. Q. Knock knock. Who's there? Toph. Toph who?
4. Q. How do you truly savor a hot dog?
5. Q. What part of a meal makes you the most sleepy?

- A. Horseradish.
- A. Your taste buds.
- A. Sorry, we don't serve tofu.
- A. With relish
- A. The nap-kin.