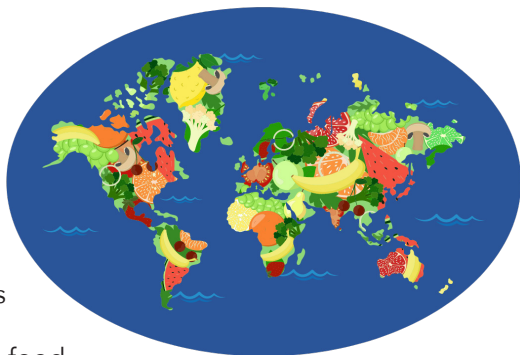


## EAT GREEN FOR Earth Day

Whole foods like fruits and vegetables use less energy, land, and water to produce than animal-based or more processed foods. Less packaging also means less plastic waste. We can all help the environment by making good food choices this **Earth Day**—and all year round!



## Nutrition

### RECOGNITION

Students rely on healthy school meals that nourish their bodies so they can learn and grow. Starting April 29, **National School Nutrition Employee Week** gives us a chance to celebrate the people who make those meals possible.



## IN SEASON: Asparagus

A harbinger of spring, asparagus is a member of the lily family. You can find it in colors ranging from green to purple to white. The delicious stalks we eat are the young shoots that first emerge from the soil. If farmers don't harvest the shoots, asparagus can grow to a height of more than six feet!