



October 2014

Intrinsic Foundation

Intrinsic Foundation (IF Cares) provides nutritious meals to in at-risk communities, by encouraging organized youth programs and families to implement, educate, and introduce children to healthy foods and physical activity.

Through our network of community groups, IF Cares serves food and provides essentials to children within the communities they live, learn and play.

Spotlight on Corn

Corn, is a large grain plant domesticated by indigenous people in Mesoamerica in prehistoric times. The leafy stalk produces ears which contain the grain, which are seeds called kernels. Corn (Maize) kernels are often used in cooking as a starch. One of the world's most important foods, corn is never better than when it's fresh and sweet at the height of summer. Enjoy it on the cob as a simple side dish at a cookout, or cut off the kernels to add to soups, salads and quick lunches.

Eat The Rainbow

Spinach
Oranges
tomatoes
plums



FAQs

- 1. What does serve a meal mean?**
To serve a meal means that a complete meal will be handed out to every student.
- 2. Should I serve a meal to every student?**
Yes
- 3. How do I record meals served?**
On the Intrinsic Foundation Daily Meal Count and Attendance Record for FWAS.

Fitness Tip of the Month

Take it outside. Exercising outdoors offers even more health benefits than going to the gym. Hiking, biking and walking in the fresh air have a greater positive effect on mental health than exercising indoors. Just five minutes of outdoor activity can improve mood, reduce stress and increase self-esteem

What am I?

I am a plant that refers to certain cultivars of squash. I am round with smooth, slightly ribbed skin and deep yellow coloration. I am native to North America and usually grown for commercial use and also used for both food and recreation. I am also used sometimes as a decoration for a specific holiday. Email answer to Rodney@ifcares.org by 5pm 10/24/14

Eat This, Instead of That

Eat: SpaghettiO's Original

Instead of: Kraft Macaroni & Cheese Dinner

Eat: Breyers All Natural Mint Chocolate Chip ice cream

Instead of: Haagen Dazs Mint chip Ice cream

Eat: Dairy Queen Hot Fudge Sundae

Instead of: Baskin-Robbins Brownie Sundae

Kid Friendly Recipe

Popcorn Balls

Ingredients

- 1 tablespoon canola oil
- 3 tablespoons unpopped popcorn kernels
- 2 tablespoons unsalted butter
- 1 1/4 cups mini marshmallows
- 1 cup honey-nut toasted oat cereal
- 1 ounce pretzel sticks, broken into pieces
- 1/4 cup chopped dry-roasted peanuts, salted

1. Heat oil in a Dutch oven over medium-high heat. Add kernels; cover and cook 4 minutes, shaking pan frequently. When popping slows, remove pan from heat. Let stand.
2. Melt butter in a pan over low heat. Add marshmallows; cook 2 minutes. Remove from heat. Add 3 cups popcorn and remaining ingredients; stir. Cool 2 minutes. Form into 10 (3-inch) balls. Cool 5 minutes.

Disclosure Statement

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Upcoming Events

State Fair of Texas

Sept. 26-Oct. 19, 2014

Halloween

October 31, 2014

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