



September 2014

Intrinsic Foundation

Intrinsic Foundation (IF Cares) provides nutritious 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 English Peas

The pea we are familiar with, also known as the English pea, green pea, and garden pea, has an inedible pod. Most commercial peas are called English peas or garden peas. Today, of all the green peas grown, only five per cent come to the market fresh, more than half is canned, and the rest are frozen. Fresh English peas are sweet and tender enough to be eaten raw but may also be prepared cooked.

Eat The Rainbow

blueberries
broccoli
lemons
carrots
grapes
apples



FAQs

1. Who should be served a meal?

All students age 1-18 should be served a meal. Students that turn 19 during the school year can be served a meal.

2. How do I serve meals?

Intrinsic Foundation recommends you once all components of the meal have been taken; the meal is to be counted. Have all students form a line and take one complete meal.

Fitness Tip of the Month

Yoga for Kids

- Calms and clears the mind, bringing us into the present moment
- Relieves tension and stress
- Increases concentration, focus and attention span
- Promotes thinking and memory
- Builds confidence and self-esteem
- Supports character development and emotional intelligence
- Enhances team skills and social interaction

What am I?

While my trees have been cultivated for thousands of years, the different types have varying origins. One version originated in India and the regions surrounding the Caspian Sea. In the 4th century AD, the ancient Romans introduced me into many European countries where I have been grown since. Throughout my history, my tree has been highly revered; not only does it have a life span that is several times that of humans, but its uses include food, medicine, shelter, dye and lamp oil. Some varieties of me are native to North America, specifically the Central Mississippi Valley and Appalachian area. Email answer to Rodney@ifcares.org by 5pm Friday 9/19/14

Kid Friendly Recipe

Mini Biscuit Pizzas

Ingredients

- 1 can Grands Home-style Biscuits
- 1 ½ cups of pizza sauce
- 2 cups shredded Italian cheese
- Topping of choice (pepperoni, sausage, veggies, chicken, anything)

Preheat oven to 400 degrees F. Spray a cookie sheet or pizza pan with nonstick cooking spray.

Flatten each biscuit out on pan until they are 6 inches in diameter. Spread a layer of pizza sauce onto each biscuit.

Sprinkle 1 Tablespoon shredded Italian Blend cheese onto each biscuit. Top with your toppings of choice. Sprinkle an additional 3 tablespoons Italian Blend cheese onto each pizza.

Bake for 7-10 minutes, until biscuits are golden brown on edges and cheese is bubbly. Serve immediately.

Disclosure Statement

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 1(866)632-9992 (toll free), 1(800)877-8339 (Federal Relay Service) or 1 (800)845-6136 (Spanish Speaking Assistance).

Eat This, Instead of That

Cereal

Eat: Cheerios, Instead of: Frosted Flakes

Soups

Eat: Tomato, Instead of: Chicken Noodle

Pizza

Eat: Thin Crust w/ veggies, Instead of: Pan crust with pepperoni

Drinks

Drink water, Instead of soda

Dessert

Eat: Fruit Sorbet, Instead of: Ice cream

Upcoming Events

Patriot Day September 11, 2014

College Night September 15, 2014

Rosh Hashanah September 24, 2014

State Fair of Texas Sept. 26-Oct. 19, 2014

Hispanic Heritage Month Sept. 15- Oct.15, 2014

For More Information:

Intrinsic Foundation Office
16475 Dallas Parkway Ste 170
Addison, TX 75001
Phone: 972-432-4355
Fax: 972-432-4356

Central Kitchen
2661 Midway Rd Ste 214
Carrollton, TX 75006

www.ifcares.org
Rodney@ifcares.org

www.facebook.com/ifcares
www.twitter.com/ifcares