

HEALTHY SNACK RECIPE

White Bean Dip with Rosemary & Sage



<http://www.myrecipes.com/recipe/white-bean-dip-with-rosemary-sage>

Prepare this delicious dip up to one day in advance to give the flavors a chance to meld.

YIELD

8 servings (serving size: about 3 tablespoons dip)

INGREDIENTS

- 2 tablespoons fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 2 teaspoons minced fresh rosemary
- 2 teaspoons minced fresh sage
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, chopped
- 1 (19-ounce) can cannellini beans or other white beans, rinsed and drained
- Fresh sage sprig (optional)

INSTRUCTIONS

- Combine first 7 ingredients in a food processor; process until smooth.
- Garnish with sage sprig, if desired.
- Serve with sliced vegetable sticks.



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*Be sure to visit our website for important
Healthy Eating Initiative and Slow Snack Updates,
as well as useful tips and recipes!*



HEALTHY EATING

natural • local • sustainable



*An introduction to Brookview's Healthy
Eating Initiative and Slow Snack Program*

BROOKVIEW HEALTHY EATING INITIATIVE

The Brookview Healthy Eating Initiative was established by the Brookview Board of Directors to:

1. Enhance the healthfulness of snacks being provided to our students through the Slow Snack Program.
2. Educate parents about healthy lunch options.
3. Ensure school-sponsored events and activities better reflect our school's commitment to wellness.

SLOW SNACK PROGRAM

What is Slow Snack?

Slow Snack, developed by a group of Brookview parents, draws inspiration from the Slow Food movement. Founded by Italian journalist Carlo Petrini in 1986, Slow Food is a non-profit organization formed as a reaction against *fast food*. The worldwide movement stresses healthy, natural, local, sustainable food and food systems. At Brookview, parents, students and teachers provide or prepare the daily snack, considering healthy options.

In addition to healthy sustenance, Slow Snack gives students the opportunity to practice the Montessori principles of grace and courtesy in the preparation, serving and enjoyment of the snack.

How is the Slow Snack Program Managed?

Slow Snack is volunteer led and executed by Brookview families who are responsible for providing the daily snack for all students within the Toddler, Primary, Elementary, Middle School and After School programs. Reimbursement for funds is available upon request by the volunteer.



How does the Slow Snack Program operate?

At the beginning of the school year, volunteer opportunities are shared with parents. A listing of guidelines along with themes and related foods for each day will also be furnished. Each volunteer will update a Google calendar with the actual snacks provided. This calendar will be used to ensure the snacks offered meet the program criteria and that a variety of snacks are served throughout the month. Any substitutions from the guidelines must be approved by the Slow Snack Committee.

In addition, classrooms will sponsor slow snack for themselves throughout the year offering the opportunity for students to learn, cook and enjoy healthy snacks.

ANNUAL HEALTHY EATING INITIATIVES

SLOW SNACK

Brookview has increased the annual budget for the Slow Snack Program to allow for more healthy and diversified options.

FALL HARVEST FEST

Brookview will host a Fall Harvest Fest event that will incorporate fun and engaging student activities, transitioning away from past Trunk-or-Treat events that focused more heavily on candy.

WINTER CELEBRATION

Brookview's teachers will coordinate the offerings provided at this event to ensure a healthy, balanced presentation of international foods is attained.

PARENT EDUCATION NIGHT

Brookview will sponsor a Parent Education night focused on healthy eating.

END OF YEAR PICNIC

Brookview will provide the drinks and desserts for the End of Year Picnic to allow for a focus on healthier options.

