

SPILLIN' BEANS

BEYOND THE CLASSROOM.AROUND THE TABLE.

INSPIRING HEALTHY EATERS & REDEFINING KID FOOD!

THE FOOD EXPLORER FEATURE

The Bite-Sized Lesson:

The Fiber Factor

Fiber is a type of carbohydrate found in plant foods like fruits, vegetables, beans, and whole grains. It helps keep your digestive system happy, prevents constipation, and keeps you feeling full between meals! A diet high in fiber can also help prevent heart disease & diabetes, supporting a healthy body for all the adventures to come!

Dinner Table Trivia: Did you know? Most of the fiber in an apple is found in the skin! Next time you enjoy an apple, keep the peel on for an extra fiber boost.



THE KITCHEN HACK

This Month's Tip: The Secret's In The Sauce

Looking to elevate your pasta recipe? Try blending vegetables such as spinach, zucchini, or carrots into your sauces! This is an easy way to pack in more nutrients and incorporate more veggies!

KTK COMMUNITY CORNER: FRESH FACES & NEW PLACES

Welcome New Partners: A massive shoutout to our newest partners - debuting KTK to their communities this fall: Marlborough Recreation, Lunenburg Recreation, Scarborough Recreation, and Rye Recreation! We can't wait to cook with your community.

Welcome New Facilitators: Welcome to our newest Facilitators; Alexis, Frank, Mariah, Heather, Lianna, Malikka, Jennie, and Maria!

TESTED, TASTED & APPROVED!

Featured recipe:

Our Black Bean Tortilla Soup was a roaring success this summer!

Why participants love it:

They didn't expect to, but once they tasted it, they wanted more!

Recipe included below.

KEEP IN TOUCH

Join us on our mission! <https://kidstestkitchen.com/join-the-team/>

Follow our Cooking Adventures:





GLOBAL BITES

Passport To Flavor: Pho

Pho (pronounced "fuh") is a traditional Vietnamese noodle soup made with a rich broth that's simmered with aromatic spices like cinnamon, star anise, ginger, and cloves. This dish is served hot with rice noodles, meat or tofu, and fresh herbs. Pho is often topped with lime, hoisin sauce, or sriracha for extra flavor!

FARM TO FORK

The Journey of Your Food: Carrots

How It's Grown: Carrots are a cool-season crop, which means they grow best in the spring and fall. They begin as tiny seeds planted in soil. As the root grows underground, their green leaves absorb sunshine for energy.

How It's Harvested: After about 2–3 months, farmers can dig up the carrots, wash them, and send them on their journey to markets and grocery stores for sale. Carrots are often enjoyed raw, roasted, steamed, or paired with a veggie dip!



CHEF DICTIONARY

Featured Vocabulary: Blanch

This cooking method involves briefly boiling fruits or vegetables, then immediately cooling them in ice water. This technique helps keep them colorful and crisp for your recipe!

EATING WITH IMPACT

Take Action: Meatless Mondays

Plant-based proteins like beans, lentils, and tofu generally use less water and land to grow than animal agriculture. Choosing a meatless meal is a great way to help protect wild habitats, making every bite a small step toward a healthier planet!

ACTIVITY CENTER

Let's keep the fun going! Access this month's printable activity on the next page!



WORD SEARCH

PUT YOUR CHEF SKILLS TO THE TEST! FIND THE HIDDEN NUTRITION & COOKING WORDS BELOW. LOOK CAREFULLY, AS SOME WORDS MAY BE FORWARD, DOWNWARD, AND DIAGONAL.

S	N	S	P	I	N	A	C	H	U	S	Q
M	O	O	E	A	D	O	A	U	N	I	A
S	R	N	U	M	D	A	A	N	C	M	G
F	C	C	C	R	D	O	C	C	L	M	R
G	T	H	P	R	I	N	H	A	W	E	A
R	H	D	E	H	L	S	T	R	R	R	H
O	E	B	O	F	N	E	H	R	E	N	A
W	R	L	T	R	N	I	N	O	T	R	R
D	V	A	P	P	L	E	C	T	H	R	V
P	P	N	E	O	S	I	S	T	I	R	E
A	V	C	R	A	D	Z	C	G	R	L	S
S	D	H	U	F	I	B	E	R	O	H	T

FIBER

GROW

SPINACH

APRON

CARROT

LENTIL

BLANCH

HARVEST

NOURISH

APPLE

SIMMER

CHEF