



# KIDS IN NUTRITION



FOOD WASTE  
REDUCTION SERIES

# Message of the week:

Dear Parents,

Greetings! Kids In Nutrition (KIN) is back for another week to teach your child about reducing food waste.

Learning to be creative in the kitchen helps reduce food waste by showing students how leftover or “extra” ingredients can be transformed into new, delicious dishes—a practice that has been part of cultures around the world for centuries. When students learn to experiment with flavors and repurpose ingredients, they build confidence, try new foods, and discover that reducing waste can be both practical and fun.

Lesson 3: Food Saving Salsa — Students will practice using leftover ingredients in new ways and learn to experiment with flavors and textures to expand the variety of foods they eat.

We hope you and your child enjoy the KIN program as much as we do! Thank you, and we will see you next week!

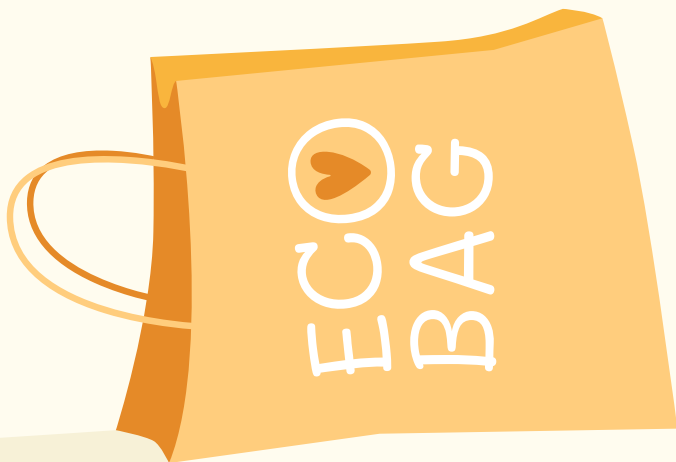
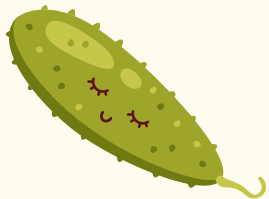




# LESSON 3:

# FOOD SAVING SALSA

KIN



# LESSON 3: KEY POINTS

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## 01 - Kitchen Creativity

An effective way to reduce food waste at home is by being resourceful with ingredients that are readily available in your kitchen. All kinds of food scraps can be used to make a variety of foods. Some examples of leftover foods that are easy to transform into new dishes are using brown bananas for banana bread or leftover tortillas for torialla chips and quesadillas.

## 02- Spice up your dishes!

Adding different seasonings and spices can help turn ingredients into something tasty. Sometimes just adding a new spice, sauce, or dip can transform an old dish into something new and delicious! This can help us reduce food waste!





# WEEKLY CHALLENGE

## LESSON 3

**Pick a food you don't usually like. Try it again with a new flavor—add a spice, sauce, or dip to see if it tastes better. Next time we meet, share what you tried and whether it changed your mind!**



### REMINDER:

- 1) Encourage your child to log what they did in their weekly challenge tracker
- 2) Remind your student to BYOC (Bring Your Re-usable Own Container) for next week's KIN Recipe.





# SALSA RECIPE

Prep: 20 minutes

Servings: 5

## Ingredients

- Tomatoes (preferably plum/roma)
- Green onions (or red onions)
- Black beans
- Corn
- Limes
- Cilantro
- Ground cumin
- Garlic powder
- Salt
- Chili powder or hot sauce
- Cucumbers
- Select 3–5 of the following:
  - Avocados
  - Jicama
  - Mangos
  - Pineapple

## Instructions:

1. Cut tomatoes, green onions, cilantro, cucumbers, and other ingredients into cubed pieces and add to a bowl.
2. Juice a lime and combine with black beans, corn, and seasonings to the bowl.
3. Mix and season to taste.
4. Enjoy with tortilla chips!





# NUTRITION SPOTLIGHT

EAT THE RAINBOW:  
EATING A VARIETY OF  
COLORFUL VEGETABLES  
AND FRUITS HELPS OUR  
BODIES GET THE VITAMINS,  
MINERALS, FIBER, AND  
OTHER NUTRIENTS WE NEED  
TO STAY HEALTHY.

THANK YOU &  
SEE YOU  
NEXT WEEK!

