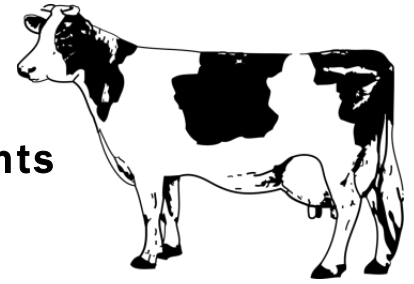


North Hampton School Hungry Jaguar Cafe Presents



Food & Wellness Day

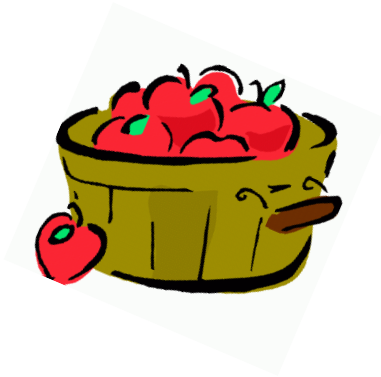
Date: Wednesday November 15th, 2017

When: 9:00-1:00

Where: North Hampton School Cafeteria

Who: NHS Staff and Students

What: Exhibits, Mock Farmers Market with Samples, Locally Sourced Menu



Exhibits

NHS Jaguar Farmers Market

New England Dairy and Food Council

Fuel Up to Play 60

New Hampshire Farm to School

Bodwell Family Farm in Kensington, NH

North Hampton Fire Department

North Hampton Police Department





Farm to School Menu

Homestyle Beef Stew

Beef- **Bodwell Family Farm** Kensington, NH,
Potatoes & Carrots- **Heron Pond Farm**, South Hampton, NH
Fresh Thyme- **Meadow's Mirth Farm**, Stratham, NH
(Counts as protein and vegetable servings)

Whole Grain Roll

Baked with whole grains and prepared by the students of the
Seacoast School of Technology Culinary Arts Program.
(Counts as grain serving)

Baked Apple Topped with Homemade Granola with a Drizzle of Local Maple Syrup

Apples from **Lakeside Farm**, Manchester, ME
Homemade Granola Prepared by **Hungry Jaguar Café Staff**
Maple Syrup- **Ben's Sugar Shack**, Temple, NH
(Counts as fruit serving)

Fruit & Veggie Bar

Craisins- Product of Massachusetts
(Counts as fruit serving)

Radish Assortment- Purple Daikon Radish from **Meadows Mirth**, Stratham, NH

Watermelon Radish from **Heron Pond Farm**, South Hampton, NH

Daikon & Red Radish from **Stout Oak Farm**, Brentwood, NH (Counts as vegetable serving)

Beet Chips – Red & Gold Beets from **Meadow's Mirth**, Stratham, NH (Counts as vegetable serving)

Broccoli Slaw- Contains Deadon Cabbage from **Heron Pond Farm**, South Hampton, NH
(Counts as vegetable serving)

Herb Seasoned Roasted Squash Medley- Butternut Squash from **Tender Crop Farm**, Dover, NH &
Delicata Squash from **Heron Pond Farm**, South Hampton, NH (Counts as vegetable serving)



Farmers Market Samples include:

Whole Grain Corn Chips with Fruit Salsa

Buffalo Chicken Stuffed Celery

Greek Quinoa Salad

Chile & Lime Infused Jicama Sticks

Display & Vegetables donated by: The Farm at Eastman's Corner, Kensington, NH