



Healthy Bodies. Healthy Minds.

about WITS

Wellness in the Schools (WITS) is a non-profit leader that inspires healthy eating and fitness for kids in public schools. Through public-private partnerships, we empower schools to provide healthy, scratch-cooked meals, active recess periods, and fitness and nutrition education. WITS actively engages students and school staff in a fundamental imagination of the lunch and recess experience. Our partnership approach drives systemic, long-term change, shifting the entire culture of schools.

what are WITS Labs?

WITS Chefs lead WITS Labs, seasonal culinary and nutrition education classes for students in WITS schools. In the Labs, students prepare the simple, affordable, and healthy recipes that they will then experience at lunch.

The sessions introduce students to the importance of healthy eating and seasonal ingredients, inspiring them to share their newly acquired knowledge with their families. Programs like these have been shown to positively influence children's food preferences and behaviors, according to recent studies.

keen on kale

- kale has the most vitamins and minerals of ANY vegetable and it tastes great. it has: calcium (strong bones), iron (gives body oxygen), and phosphorus (healthy teeth).
- eating kale keeps the heart healthy and helps fight colds.
- kale has a long season. it especially thrives in the winter, so it can be planted in the fall and harvested even when it's frosty outside!
- kale is part of the same family as cabbage, brussel sprouts, and collard greens. you can find kale at your local farmer's market between june and all winter long!

ways to chomp kale

as is! make a simple salad. try the recipes included in the brochure.

blended! add kale to a smoothie for more flavor and nutrition.

braised! braise chopped kale. add apples, garnish with chopped walnuts, and a bit of balsamic vinegar for a tasty and nutritious dish.

roasted! make kale chips for some added crunch.

sautéed! cook kale with chopped garlic, salt, pepper, and oil for a side dish.

quick cooking preserves kale's nutrients, texture, color, and flavor. you can also add it to soups, stews, stir-frys, or even pizzas!

Thank you to our Cook for Kids WITS Labs Core Sponsor



And other supporters of the WITS Labs



WITS Labs

a series of seasonal cooking classes for children, taught by a WITS Chef

FALL FOCUS KALE



Kale is a power veggie! Try it today!



Crispy Kale “Chips”

Yield: varies

ingredients

1 bunch curly kale, washed, de-stemmed, and de-ribbed

Olive oil and canola oil, as needed (recommend equal parts of each)

Salt to taste

procedure

Preheat oven to 300 degrees. Tear kale into pieces about the size of the palm of your hand. Using your hands, rub each leaf with a small amount of oil revealing a vibrant green color. Lay leaves as flat as possible on foil or parchment paper lined baking sheets. It is okay for leaves to touch but don't overcrowd. Bake for 8 minutes or until crisp (cooking times may vary by oven). Watch carefully to prevent burning. Kale edges will begin to slightly brown as a sign they are ready. Remove from oven and enjoy immediately! Store chips in storage bags or an airtight container at room temperature.

Ginger Kale Salad

Makes 6 servings

ingredients

2 bunches lacinato (dinosaur) kale, washed, de-stemmed, and chopped thin

1/4 cup apple cider vinegar

Juice from 1/2 orange

1 Tbsp soy sauce

1 Tbsp honey

1 Tbsp fresh ginger, grated

1/4 cup olive oil

procedure

Combine vinegar, juice, soy sauce, honey, and ginger in a large bowl and whisk. Add oil slowly while whisking so that a thick consistency is achieved. Combine dressing with kale, a bit at a time, and mix thoroughly until salad is completely coated with dressing. You may not need to use all of the dressing. Using your hands, massage the kale with the dressing until covered.

Kale-Apple Smoothie

Makes approx. 24 oz

ingredients

1 cup kale, washed, de-stemmed and tore into small pieces

1 celery stalk, chopped into large chunks

1/2 Granny Smith apple, cut into large chunks, unpeeled

1 banana, peeled, cut into large chunks

1/2 cup apple juice (apple cider may be substituted)

1/2 cup ice

procedure

Add apple juice and ice to a blender, then all other ingredients on top. If liquid is not added first, blender may have a hard time getting started. Blend until smooth and enjoy immediately. Store in the refrigerator for no more than 2 days. If separation occurs, shake vigorously and enjoy.

Chef Telepan's Kale Slaw

ingredients

1 bunch of Tuscan kale, washed, de-stemmed, and chopped into thin strips (about 6 ounces of cleaned kale)

1 tsp salt

1/2 sweet onion (vidalia), peeled and thinly sliced

1 medium carrot, grated

1/4 cup lime juice

1/4 cup white wine vinegar

1/4 cup olive oil

procedure

Place chopped kale into bowl. Add salt. Toss/rub small amounts of kale and salt together in your hands to break up the fibers. Place the massaged kale into another bowl until all the kale has been transferred. Let kale sit for one hour. Add carrots, lime juice, white wine vinegar, and oil to the kale. Let the slaw sit for at least 30 minutes before serving. Store the slaw in the refrigerator for up to 3 days.

Other Types of Kale!

Curly sweet and mild; great for making kale chips!

Dinosaur (a.k.a. Lacinato or Tuscan) slightly sweet; a key ingredient in traditional minestrone soup!

Red Russian sweet and mild; good for sautéing.

LEARN MORE ABOUT WITS

www.wellnessintheschools.org



The WITS Labs are made possible thanks to the very generous in-kind donations of fresh produce and 365 Everyday Value® Brand ingredients from Whole Foods Market. Thank you, Whole Foods Market!