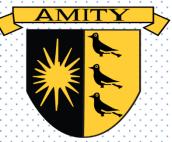
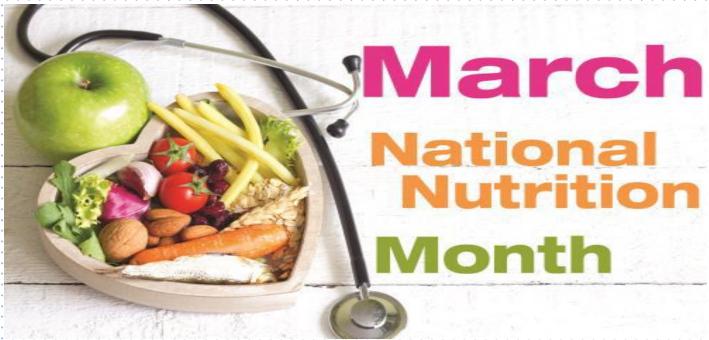
March 2018







Fun Facts:

- © Cruciferous vegetables are rich in fiber, vitamins, minerals and photochemicals. They are an excellent source of vitamin C and good sources of manganese.
- We eat about 6 pounds of broccoli each year-4 times more than 30 years ago
- © Cruciferous vegetables are vegetables of the fami Brassicaceae and get the name of cruciferous (meaning "Cross-Bearing) from the shapes of the plants flowers, which have four petals resembling a cross



Easy to access, real time digital menu and nutrition information for you, our valued Amity community. Easily filter for common food allergens, or translate our menu into a number of different languages! Download the Nutrislice app for your smartphone

Join us every
Thursday for our live
Action Station with
Chef Shari



Our Traveling
Chef Program
is in Full Spring
Swing at Amity
join us monthly
for this event





Save the Date
April 27, 2018
Bethany Community School
5K
Fun Run
Health Fair