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NJSACC's Nutritional Newsletter (First Issue / Back to School) September 2025

NJSACC's NEW Nutritional Newsletter Brings Nourishment for Growing Minds

By Kandece Francis, Quality Support Coordinator

Get ready to nourish both bodies and minds. Welcome to the inaugural issue of NJSACC's Nutritional Newsletter! Brought to you by our Quality Support Coordinator Kandece Francis and her passion for nutrition. This month, "Eat the Rainbow" and discover how vibrant fruits and veggies from ruby-red strawberries to brain-boosting blueberries—can fuel afterschool success.

Kandece Francis is NJSACC's Quality Support Coordinator. In this role, she provides support to the NJSACC 21CCLC grantees as well as NJSACC staff in managing day-to-day operations through event support, database management, communication, and general office support.

With over fifteen years of administrative experience and supporting senior executives, Kandece also has considerable experience in program management, grant management, youth development and cultivating student enrichment activities. Kandece developed a strong passion for youth advocacy while working for the Boys and Girls Club where she transitioned from the CEO's Executive Assistant to Program Manager. During this transition she also served as the advisor to the teen run leadership program.



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Kandece was born in Harlem, NY and raised in Queens. She joined the military when she graduated high school and served four years active duty in the United States Coast Guard.

☀️ Healthy Habit of the Month: Eat the Rainbow!

Did you know fruits and vegetables come in every color of the rainbow? Each color helps your body in a special way:

- **Red (Strawberries, Tomatoes):** Good for your heart! ❤️
- **Orange (Carrots, Oranges):** Helps you see in the dark! 👁️
- **Yellow (Bananas, Corn):** Gives you energy to play! ⚡
- **Green (Spinach, Broccoli):** Makes you strong and healthy! 💪
- **Blue/Purple (Blueberries, Eggplant):** Keeps your brain sharp! 🧠

Challenge: Can you eat 5 colors in one day?



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Jersey Fresh Spotlight: Local Apples!

New Jersey is called the **Garden State** for a reason! Did you know we grow delicious apples right here?

- Best time to pick: **September–October**
- Fun fact: There are more than **7,500 types of apples** in the world!
- Try this snack: Slice apples and dip them in peanut butter or yogurt for a crunchy treat.

Hydration Tip: Drink Water First!

Before you grab juice or soda, try water first. Your body needs water to run, jump, and learn. Add fruit slices (like lemon or strawberries) to make it taste fun!



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Quick & Easy Kid Recipe: Rainbow Wraps

What you need:

- 1 whole wheat tortilla
- 2 slices of turkey or cheese
- Colorful veggies: red peppers, carrots, spinach, cucumbers
- A little hummus or cream cheese

Directions: Spread hummus on your tortilla, layer the veggies and turkey, roll it up, and slice into pinwheels. Yum! 💡



Family Corner

- Visit your local **New Jersey Farmers Market** this weekend and let your child pick one new fruit or vegetable to try.
- Websites to explore together: jerseyfresh.nj.gov



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Fun Activity: My Healthy Plate

Draw a plate and fill it with:

- $\frac{1}{2}$ fruits and veggies
- $\frac{1}{4}$ grains (like rice, bread, or pasta)
- $\frac{1}{4}$ protein (chicken, beans, eggs, or fish)

Color it in with crayons or markers and hang it on the fridge as a reminder!

✨ **Healthy kids = happy kids!** Eating well helps you grow strong, think smart, and have the energy to play every day.

Links to Snack On:

cfbnj.org
njsacc.org
nj.gov/health/nutrition
nj.gov/humanservices/njsnap
fns.usda.gov
hungerfreenj.org
fda.gov/news-events
hhph.org
odphp.health.gov
national-childhood-obesity-awareness-month