



## Let's get our green on! Green Mustaches!

Winslow Middle School is participating in The Green Mustache Contest through the Atlanticare Healthy Schools, Healthy Children Program. It is really easy to support this contest!

At home you can blend up your favorite green smoothie, snap a selfie of you with a green smoothie mustache, and send the picture to Maggie Jenkins through the school email. If that doesn't work for you, **join us before or after school on Tuesday, March 10th for a green smoothie sample in the teacher's lounge.** We can take the green mustache photo for you! *Photos will be displayed in the cafeteria to promote healthy food choices.*

### Sample Recipe: HEALTHY GREEN SMOOTHIE RECIPE

2 ripe medium bananas

1 ripe pear or apple, chopped

2 cups chopped kale leaves, tough stems removed

1/2 cup cold orange juice

1/2 cup cold water

12 ice cubeDIRECTIONS: Place bananas, pear (or apple), kale, orange juice, water, ice cubes in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

