

# Newsletter



May 2026

## What's in Season in May?

- Carrots
- Spinach



- Strawberries
- Rhubarb



## Iron: energy and concentration

With SATs and GCSEs coming up, we wanted to discuss the importance of iron in helping you stay energised and focused.

Iron's job is to deliver oxygen to parts of your body. If you don't eat enough iron you can feel tired and find it more difficult to concentrate.

The following foods are rich in iron:

- chicken
- fish (including tinned, such as tuna)
- eggs
- chickpeas and lentils
- spinach

Did you know that vitamin C helps your body to absorb iron? Try eating oranges, peppers or tomatoes to get that boost!

## Snack Swaps!

Crisps → Rice cakes

Sweets → Dried fruit

Ice cream → Fruit & yoghurt or jelly

Cake/cake bar → Malf loaf

## Recipe of the Month

### Chicken burgers

#### Makes 4 burgers

- 400g chicken mince
- ½ tsp italian seasoning
- ½ tsp garlic powder
- 1 courgette, grated
- 100g broccoli, finely chopped
- 50g spinach
- Low calorie spray oil
- Wholemeal rolls
- Lettuce



1. Using kitchen roll or a tea towel, pat the grated courgette to soak some of the moisture.
2. Place in a bowl and add the chicken, broccoli, spinach, seasoning and garlic powder.
3. Mix with clean hands or a spoon, until well combined. Shape into patties (smaller patties for children, larger for adults)
4. Heat oil in a large pan and cook patties for around 5 minutes each side, until a golden crust starts to form and the chicken is cooked through.
5. Serve in a wholemeal roll with some lettuce.



Try some snack swaps this week, then treat yourself at the weekend!!