

Healthier Choices Make Frozen Food a Value for Schools

March is National Frozen Food Month, but for the nation's schools and organizations, they celebrate the value and nutrition of frozen foods every month as participants in the Market Day grocery fundraising program. Each month, parents order groceries online for their family and pick up the food (mostly frozen) at their child's school. For every dollar spent by families who purchase groceries from Market Day that they would normally buy anyway, a portion goes back to the school. Over the course of the 30 years that schools and organizations have participated in the Market Day program, more than \$450 million has been raised to help fund important educational resources such as field trips, library books, and playground equipment.

Market Day offers over 150 high quality, nutritious food products at affordable prices. Appetizers, entrees, side dishes and desserts are part of the variety of frozen foods available from Market Day. They are especially popular with busy parents who enjoy the convenience of being able to quickly prepare meals and simple recipes using Market Day food.

To coincide with Frozen Food Month, Market Day is highlighting its frozen vegetables which are flash frozen, retaining all the fresh flavors and nutrition of fresh vegetables while locking in flavors and nutrients. The newest addition to the frozen vegetable line is Petite Garden Vegetables. The dish retains the vibrant, unblemished colors, crunchy textures and consistent sizing of fresh vegetables.

Petite Garden Vegetables are crisp and colorful, and are a big hit with family members of all sizes. The family will enjoy a delectable blend of sweet peas, golden carrots, petite cauliflower florets and golden kernels of corn in a delicate buttery herb sauce. All ready to microwave in its own container that becomes an easy, elegant side dish with a blend of tastes to please everyone. The dish has only .2 grams of fat, 70 calories, and 11 grams of carbs. In fact, Market Day works diligently to offer its "Taste for Health" products, which promise no more than 300 calories and 30 percent of calories from fat per serving.

For a more robust side-dish, Market Day's Marinated Vegetable Salad might get even the most finicky eaters to explore a vegetable dish. (recipe is attached).

Frozen food has undergone a nutritious transformation, and Detroit families can celebrate Frozen Food Month with tasty and nutritious appetizers, entrees and side-dishes and help out their local school. It's a warm thought!

For more information, visit Market Day at www.marketday.com.

MARKET DAY'S MARINATED VEGETABLE SALAD

2 cups frozen Green Beans	1 cup cherry tomatoes, halved
2 cups frozen Supersweet Corn	1 tablespoon olive oil
2 cups frozen Tiny Peas	1 cup red onion, diced
1 cup frozen slivered carrots	1 ¼ cup goat cheese or feta cheese, crumbled
1 medium yellow squash, cut into strips	¼ chopped pecans
Dressing:	
2 tablespoons olive oil	1 ¼ teaspoon pepper
1 ½ cup red wine vinegar	½ teaspoon coarse salt
1 cup Dijon mustard	

Prepare green beans, corn and peas as directed on box. Drain, place into large bowl. Add carrots and tomatoes.

In large skillet, heat 1 tablespoon oil over medium heat. Add onion, cook until soft. 3 to 5 minutes. Add squash; cook until crisp-tender, about 3 minutes. Place in bowl with vegetables. Add dressing and top with goat cheese or feta cheese and pecans. Serves 8.