



# PARESKY PRESS

## dining & nutrition

### APRIL SHOWERS

### BRING MAY FLOWERS!

#### 4/23 - DIY PICKLES WERE A HIT!

Pickling preserves food by soaking it in vinegar or brine, creating an acidic environment that prevents microbial growth. It adds variety, reduces food waste, and some types even offer gut-healthy probiotics. Common picks include cucumbers, jalapeños, onions—even fruits with sweet spices like vanilla or ginger. Students and adults made their own pickles using various vegetables and spices.



#### “DOES LACK OF SLEEP MAKE YOU HUNGRY?”

Hunger cues are signs that your body sends to indicate that it needs food, and are completely normal. Getting less than 7 hours of sleep regularly leaves your body tired and craving energy, often leading to increased hunger and a preference for foods that have more simple sugars. This is because they give you quick energy. While this may happen once in a while, try to make sure the majority of the time you have enough sleep so you aren't missing out on some of the foods that have more vitamins, fiber, minerals etc. Not getting enough sleep may also lead to short and long term health consequences.

*This information is for general education only and not a substitute for personalized medical or nutrition advice. Always consult your healthcare provider/dietitian for guidance tailored to your needs.*

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#### UP NEXT!

5-May	Cinco de Mayo
10-May	National Shrimp Day
13-May	National Hummus Day
14-May	MYO Vinaigrette - Kitchen 101
26-May	You Got This! Study Snacks



#### MORE VEGAN OPTIONS

Even if you're not vegan, plant-based meals can be both tasty and beneficial. We updated our vegan sloppy joe to a lentil version based on feedback for less processed alternatives. We also introduced the Harissa-Mango Black Bean Burger—topped with lettuce, tomato, mango chutney, and vegan harissa aioli—for a flavorful twist.

#### DO YOU HAVE A SPECIFIC DIETARY CONCERN?

For dietary needs and support at Paresky Commons, contact Dietitian Ms. Ellie Perry at [eperry@andover.edu](mailto:eperry@andover.edu).

#### Have a dining question?

Email [dining@andover.edu](mailto:dining@andover.edu) and a manager will respond promptly.

**For nutrition counseling,** reach out to Phillips Academy Registered Dietitian Ms. Jenna Corsi: [jcorsi@andover.edu](mailto:jcorsi@andover.edu).

#### BE HEARD

We love your feedback. Tell us about your experience.



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