



**Norwood
Public Schools**



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Spring SY 18-19 Newsletter

Potato Pets!

To celebrate February's Discovery Kitchen Food Focus, sweet potatoes, food services partnered with the elementary science specialist, bringing potato pet mascots to Balch Elementary School. Students learned about the different nutrients in potatoes, as well as the opportunity to start their own classroom mascot, making observations as to what happens to sweet potatoes when left in half water. In about a month the students will be ready to plant the 'slips' from their potato pets with an attempt to grow their own sweet potatoes. Food services had our own fun by first trialing our own potato pet in the office, named Sasha Sweet Potato. As of April her slip has grown 10" tall!



School breakfast plays a very significant role in our children's lives, particularly those that may come from food-insecure families. As a way to raise awareness of the nutritious breakfast meals we provide in schools we celebrated **National School Breakfast Week** during the week of **March 4th-8th**. For every breakfast a student took at one of our elementary schools, they collected a sticker to then receive a free slush at lunch, made with 100% juice. This was a fun way to get kids excited about starting their day with proper fuel, and how something for breakfast is better than no breakfast at all.

April is Earth Month!

Taking care of our planet has been one of our top priorities in food services, and for **Earth Month** we are continuing to find ways that will make an environmental impact through our food choices. We have successfully implemented share tables in all of our schools, and will be reviewing their outcomes over the next couple of months. If you have an unopen, approved **sharetable** item, be sure to drop that item in the cafeteria's designated bins instead of throwing it away. In addition, we are running a "**Love Food Not Waste**" promotion during April. For example, not feeling milk today with your lunch? No problem, milk is always available as a nutritious beverage choice, but if you're not feeling it, then you don't have to take it. As a reminder, the only required component that must be on a student's tray is a fruit or vegetable.



Read Across America Day

Our team is always excited to be a part of Read Across America Day to celebrate Dr. Seuss' birthday! This year marked our third year partnering with the Oldham School. Eli and Marsha paid a visit to one of their classrooms, reading the good ol' classic "Green Eggs & Ham"!

Ask the Dietitian at Norwood High School

Our resident dietitian visited Norwood High School's sophomore health class, answering all of their 'burning' questions related to nutrition and wellness trends, hot topics, and of course school lunch. Questions ranged from: what is a healthy snack to have before a game, how many grams of sugar should we consume per day, and what is the ketogenic diet. This was also a great opportunity to give our students a chance to be heard when it comes to input on our school menus, while learning about the nutrition regulations that must be followed with meals offered in schools.

Going Bananas

Going bananas for our students of Norwood! Food services wanted to give our students a little inspiration to work hard and do well in school. We wrote hand-written positive messages on bananas that were served to students at lunch time.



Lucky Tray Days!

It's spring time and to celebrate warm weather we are holding lucky tray days at our elementary schools on April 23rd and 30th, and May 7th and 14th. On each of these days 12 lucky winners, who will have a sticker located on the bottom of their tray, wins their choice of a 100% juice slush pouch or pencil.

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During the spring months our **Discovery Kitchen** will continue making its rounds bringing excitement and new flavors for our students! **March** was a big month for us, as it was **National Nutrition Month**. This year we celebrated **whole grains** and the energy and other important nutrients they provide for our bodies. We visited Oldham, Callahan and Cleveland schools where students sampled our Aztec Quinoa Bowl! Although quinoa may be something new and scary for our elementary school kids, we gave them major kudos for being brave and trying something new! In addition, we featured this recipe at our Family Wellness Night at Coakley Middle School for parents to try, pairing it with resources and information on sports nutrition, our school menus, and school nutrition regulations.



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We are celebrating **yogurt** during the month of **April**! Yogurt is highly nutritious and is an excellent source of **protein, calcium** and **potassium**. Yogurt contains “good” bacteria called probiotics which helps keep our digestive and immune systems healthy. Yogurt can always be found at our schools, whether it is cups of vanilla or strawberry yogurt, or flavorful smoothies and parfaits.

Tip: Lactose intolerant? Give Greek Yogurt a try, it has less lactose than traditional yogurt and is often well tolerated!

Curried Chickpeas

w/ blended spices and fresh basil

INGREDIENTS

3/4 cup Canola oil
3 tbsp Fresh garlic, chopped
3 cups Fresh onion, diced
1/4 tsp Black pepper
1/2 tsp Salt
1 1/2 Garam masala
1 1/2 Dark brown sugar
1 1/2 Curry powder
3 tbsp Canned diced tomatoes
3 cups Plain yogurt
3/8 cup Canned garbanzo beans, drained and rinsed
2 1/2 lbs Lemon juice
1 1/2 tsp Fresh basil, chopped
3/8 cup

DIRECTIONS

- 1 In a large sautee pan, add oil, onions and garlic. Saute until onions are golden brown.
- 2 Add salt, pepper, garam masala, mild curry, tomatoes, brown sugar and cook on low heat until tomatoes change to a slightly lighter colour, about 10 minutes.
- 3 Add chickpeas and yogurt, cook until mixture thickens. About 10-15 minutes.
- 4 Remove from heat.
- 5 Add lemon juice and basil.



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Ocean Spray Juice Tasting

Our partnership with the Ocean Spray team was at it again during the month of February, where students at the Prescott School had the chance to sample some of their new 100% juice flavors. As an introduction on the importance of choosing healthier beverages like water, milk and 100% juice, students learned about natural vs. added sugar in different beverages, including the amount of added sugar that is found in popular drinks like Coke and Hawaiian Punch. The 100% juice flavors sampled included: Cherry Lime, Apple Pineapple, Pineapple Cherry Orange, Strawberry Lemonade and Raspberry Watermelon flavors. Once sampled, student voted for their favorite flavors. Based on their results, the winning flavor will be the new juice that Ocean Spray launches for schools to offer around the country! We enjoy having wonderful community collaborations like this one, which benefits the health and wellbeing of our district community.

