



**Norwood  
Public Schools**



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**September 2018 Newsletter**



**Food Waste Reduction**

During the 17-18 SY our department took several steps towards developing solutions in reducing leftover and uneaten food in our schools. With new kitchen and serving line equipment installed during the summer of 2017, we saw a **35-50% waste reduction** in our cafes by the end of the school year! To continue our efforts, food recovery stations were implemented in half of our schools, where students could place their unwanted, unopened food items in designated bins.

As we begin the 18-19 school year, our goal is to continue focusing on ways that reroute uneaten food from the landfill and reduce the negative environmental impact. All of our schools will be implementing recovery stations for students to take advantage of. In addition, we will continue to pursue a variety of other initiatives including: **plate waste studies, student surveys, Farm to School, and Stop Food Waste Day.**



**Waste Not Program**

We are excited to announce that we will also be rolling out our Waste Not Program at the High School! Waste Not is a measurement tool that allows us to identify and reduce food waste in the kitchen, to help minimize cost and environmental impacts. The goal is to help our staff raise awareness on ways we can reduce food waste at **the source**. We look forward to sharing the outcome of this program with you!

We would like to extend a warm welcome to all of our students, staff and parents to the 18-19 school year! We are excited to bring you new flavors, events and food and wellness education in your school café. Chartwells K12 and Norwood Public Schools have been working hard in developing nutritionally sound menus that are created using student input from surveys, taste tests, local food trends, flavors and produce. All of our menus and a la cart items meet or exceed USDA and MA state nutrition guidelines.



We are excited to continue our collaboration with students, parents and staff, and look forward to a healthy school year!



Below you can find some helpful information to answer common questions about our program.

**Free & Reduced Applications Available Electronically** - The 2018-2019 Free and Reduced Application can now be filled in and submitted online. Visit our [website](#) for more information on how you can fill it in on your smart phone, tablet, or computer.

**Meal Prices**

| <b>Level:</b>         | <b>Lunch:</b>     | <b>Breakfast:</b> |
|-----------------------|-------------------|-------------------|
| Elementary            | \$2.75            | \$1.50            |
| Secondary             | \$3.25            | \$2.00            |
| Reduced (all schools) | \$.40             | \$.30             |
| Adult Lunch           | \$4.00 (inc. tax) |                   |

**Milk** is available with all meals, or may be purchased individually for \$.50.

**Menus by Nutrislice™!** - Norwood students and parents can access electronic menus and review nutrient, allergen, and ingredient information; available on the district website or through a Smartphone app! Visit [Nutrislice](#) to access our school menus. The link to the menus is also available from the NPS website.

**Payment Options** – The most convenient option, and also quickest for students in the lunchroom, is to pre-pay and have money on account. You can pre-pay online at [MySchoolBucks.com](#), with cash or checks made payable to Norwood Food Service. Checks should include student’s first and last names(s) and student ID#(s). Cash payments are also accepted during lunch service. For additional information and FAQs, you can visit our [website](#).

**Contact Info**

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Norwood Food Services is proud to announce our new Chartwells' **Discovery Kitchen Food & Nutrition Education Program**, powered by our previous Simply Good Food Focus Program. This renovated program brings nourishing food to life through activities, events and education for the entire school community. Be sure to keep your eyes peeled throughout the school year for our Discovery Kitchen 'Pop-Up', which will bring a variety of fun food demos and tastings to your school café!

For **September** we are celebrating **tomatoes** in the café! Look for tomatoes in a variety of our dishes ranging from salsas and marinara sauces, to fresh tomatoes on salads or made-to-order deli sandwiches and Sono Bar items.



learn.

Tomatoes are mild and sweet and pair well with herbs and spices, which makes this Ratatouille recipe a great addition to any meal! You might recognize tomatoes as being red, but they can also be yellow, pink purple black, white and green.

Tomatoes support bone health, promotes healthy skin and boosts immunity. Lycopene, which is an antioxidant found in tomatoes is more abundant and better absorbed from cooked tomatoes versus raw tomatoes.

### Ratatouille

**Serves 12**

**INGREDIENTS**

- 1sec Oil, cooking spray
- 2 tbs Vinegar, white
- 50oz Tomatoes, diced in juice, no added salt
- 1 tsp Spice, pepper, ground, black
- 2 tbs Oil, canola
- 1/2 c Herbs, cilantro and parsley, chopped
- 1cup Scallion, chopped
- 1/2 cup Onions, red, fresh, diced
- 1/2 cup Peppers, bell, green, fresh, chopped
- 1/4 cup Garlic, cloves, minced
- 1/4 cup Peppers, jalapeno, chopped
- 1/4 cup Juice, lime
- 1/4 cup Sauce, franks red hot

**DIRECTIONS**

- 1 Preheat Oven to 450F.
- 2 Spray a sheet pan with cooking spray
- 3 Spread canned tomatoes in a single layer onto sheet pan. Top with oil and vinegar. Season with black pepper. Roast in oven until golden brown and liquid has caramelized. Remove from oven and cool down.
- 4 Once cool, combine roasted tomatoes with rest of ingredients and mix well

Makes enough salsa for 12 half-cup servings.

Discovery  
KITCHEN

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### Choosing the Right Oil

Oils play a key role in some of the healthiest diets in the world. While oils, like other fats are high in calories, they also offer some health benefits. Focus on oils that are often more unsaturated fats, like olive oil or canola oil. Try to limit your use of oils high in saturated fats like tropical oils or partially hydrogenated oils.

When cooking with oils, different oils work better for different situations when cooking and preparing foods. When sautéing, choose oils with a higher smoke point, like canola or peanut oil. Since olive oil has a lower smoke point, it is best used to finish a dish or be used in cold preparation like dressings or sauces. Store oils properly, keep away from heat and only buy as much as you will use in a couple of months.