

# Norwood Public Schools Food Services Newsletter

Winter 2020



## What's New in Your Schools?

We are continuing to serve up happy and healthy for our Norwood Public Schools community! Our food service staff has been working diligently to ensure that no child goes hungry during these times and we want to thank them all for their hard work! As a reminder, **all meals** are available, **free of charge**, to **all NPS students, age 18 and younger**. The USDA has further extended this offering, along with the continuation to allow parents/guardians to collect their children's meals at pickup locations through the **end of June 2021**.

### Remote Meal Pickups

We would like to remind our community to take full advantage of our remote meals program! As mentioned above, families can come and pickup meals for any child under the age of 18. You don't even have to be an enrolled NPS student! Meals can be picked up at either Balch Elementary School or Norwood High School on Mondays, Wednesdays and Fridays from 11am-1pm. Multiple days worth of meals are given out to cover until the next remote meal pickup day. Whether you have a child who is learning remote, or you just don't feel like making lunch, we've got you covered!

### DID YOU KNOW EATING SCHOOL MEALS HELPS OUR COMMUNITY?

THE MORE STUDENTS EAT, THE MORE FEDERAL FUNDS ARE PUT BACK INTO OUR SCHOOLS, WHICH BENEFIT ALL STUDENTS



**Please #supportschoolmeals!** These meals are for you! By taking a meal you are not taking it from another child in need. Our food service staff will accommodate all needs, no matter what that number is, so we encourage all students to participate. When you eat school meals you:

- Help our schools receive more funding
- Save time prepping meals
- Extend your food budget

ELI NORRIS, DIRECTOR OF DINING SERVICES  
(781) 762-6804 x5828, or [ENorris@Norwood.K12.ma.us](mailto:ENorris@Norwood.K12.ma.us)  
KELSEY MASSIS, RESIDENT DIETITIAN  
(339) 205-8381, or [kmassis@norwood.k12.ma.us](mailto:kmassis@norwood.k12.ma.us)



### Free Meals for Children of NPS Staff!

We are now offering meals for children of NPS staff! Any child (18 and under) in your personal household is eligible to participate in our meal programs, regardless of town of residency. Meals include an entrée, grain, fruit, vegetable and milk. We offer breakfast and lunch meals for 7 days per week. All meals can be delivered to your selected school for you to take home for your child on Tuesday and/or Friday. You can get as many meals on your preferred day(s) as you need. Dial ext. Food (3663) from any school phone for more info.

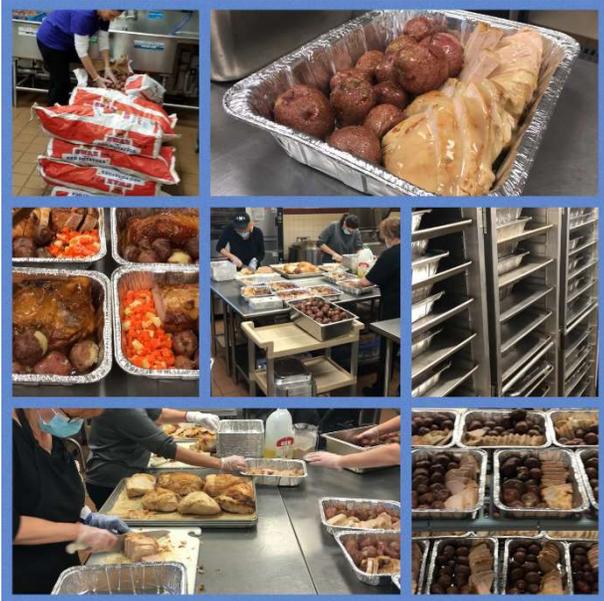
### Sharing Our Love for Pie!

Norwood Food Services held a fundraiser for Thanksgiving to help raise money for our scholarship program. All pies that were sold to the Norwood community contributed towards our scholarship fund that is awarded annually to one lucky high school student. We look forward to continuing our fundraising efforts throughout the rest of the school year!



chartwells   
serving up happy & healthy

# What's to Come Fun Stuff & More!



## Family Meals

The Town of Norwood's family dinner program was such a success when first introduced at the beginning of the pandemic, so we decided to go for round two! This time through both the months of November and December. We've once again partnered up with the Town of Norwood to provide freshly prepared, balanced and nutritious meals for the entire family to enjoy. All meals provided are free of charge, feeding around 8-10 people per meal. Since our relaunch at the beginning of November, we have served on average 275 family dinners! We look forward to helping our families during the holiday season!

## UMass Lowell Dietetic Internship Program

Beginning in January, we will be remotely taking on eight nutrition and dietetic interns from UMass Lowell, to help support our program during their food service internship rotation. We are excited to begin this opportunity, as it is always to have a fresh set of eyes, to bring creativity and continued improvement to our programs. We plan to have students focus on a variety of projects including: Discovery Kitchen at Home, sustainability programming, marketing, engagement, food allergies, and improving our remote meals program.

## Discovery Kitchen at Home

Discovery Kitchen is a program that Chartwells K12 and our food service department participate in throughout the school year with the NPS community. During a 'normal' school year, this program incorporates nutrition education activities with various grade levels, cafeteria tastings, and monthly themes through menu offerings. Unfortunately, we have had to back track on some of this, resulting in us getting creative with how we can still make food and nutrition fun for all. As a result, our Discovery Kitchen program can now be incorporated at home for the entire family to enjoy! Students and families can use this program as a way to introduce new foods and flavors, while also incorporating more nutrition outside of the classroom. Go to: [www.Chartwellsk12.com](http://www.Chartwellsk12.com) where you can access a variety of different recipes, healthy eating tips, and other fun stuff!



### Spice It Up

## Warm Baked Spiced Pears

INGREDIENTS	METHOD
¼ cup brown sugar	1. Preheat oven to 350 degrees F.
1 ½ tsp cinnamon	2. Drain juice from the canned pears, reserving juice for step #4.
1 tbsp cornstarch	3. Place drained pears into a large mixing bowl or pan.
1 tbsp butter	4. Combine brown sugar, cinnamon and cornstarch with reserved pear juice. Mix thoroughly.
2, 14.5oz canned pears (packed in juice)	5. Stir in mixture with pears.
Servings: 5	6. Transfer pear mixture onto a baking sheet
	7. Dot butter over the pears.
	8. Bake for 1 hour.
	Serve and Enjoy!