

Norwood Public Schools Food Services Newsletter September 2020



What's New in Your Schools?

Welcome back to another school year! Our food service team is excited to be #ServingUpHappyandHealthy for our Norwood Schools community! School meals will be a little different this year, so we wanted to take a moment and share some changes with meals for NPS. In addition to serving foods kids love to eat and offering great tasting menus, health and safety remains a top priority for the kitchen staff at NPS. Chartwells has been working collaboratively with the district to determine what plans will fit best for each school regarding a safe environment to serve meals.

Meals will be made available, *free of charge*, to all children, ages 0-18. The USDA has extended waivers that will continue to allow parents/guardians to pick up their children's meals at distribution sites. This may change as the waivers are only extended to December 31st or earlier depending on funding.

We will be offering two types of meal service models for both in-school and remote learners, ensuring that no child goes hungry.

Meals for Students Learning In-School

All Students will be offered both free breakfast and free lunch through either grab n' go or traditional cafeteria style service models. All schools will be serving grab n' go style breakfasts for students to take with them to the classroom before the school day begins. For lunch, grades K-8 will be able to eat their meals directly in the café (physically distanced). Grades 9-12 will be provided a To-Go style lunch as they exit the building at the early release dismissal. Although it is encouraged, students do not have to participate in the meal program.

Meals for Students Learning Remotely

Meals will be distributed on Monday, Wednesday, Friday from 12:15pm to 1:00pm. Meals can be picked up at either the Coakley Middle School (bus drop off lane) or at the High School (door 13, rear of building). *Meals are available at no cost to all kids and teens, ages 0-18.* Children do not need to be present for caregivers to pick up remote meals. Multiple days worth of meals will be given out to cover until the next remote meal day.

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Our Menus by Nutrislice

Stay up to date on all the happy and healthy meals we're serving up throughout our schools! You can visit the NPS website to access menus, allergens and nutritional information. Additionally you will notice we have a variety of menus meeting the needs for both in-person and remote meal settings.

Click [here](#) to take a look at our current school year menus!



Free & Reduced Applications Available Electronically

Even though meals are currently available free of charge for all students, families are encouraged to fill out the 2020-2021 Free and Reduced Application, as it is unclear if funding will run out prior to the December 31st waiver extension. Applications can be picked up from any of the schools or downloaded from our website:

<https://www.norwood.k12.ma.us/food-services>

What We've Been Up To COVID19 Relief Efforts



This pandemic has been a tough reality for many, where there was no doubt in our minds that our efforts were needed in order to support the Norwood community. When schools initially shut down, we began offering emergency meal service five days per week out of two of our schools. With a drive-thru style service, families could come and collect free breakfast and lunch meals for their children, where on Fridays we even offered additional meals for the weekends. Knowing we could do more, with the town's support we expanded our meal service out of all elementary schools, making it easier to help ensure that no kid was left hungry during this time.

But wait, there was more... Wednesday dinners became our new favorite! Families had an additional offering, where they could come pick up a delicious and nutritious family style meal, where each assembled meal fed 8-10 people. By the end of the program we served over 4,000 family style meals.

Our efforts have been acknowledged by Norwood Community Media, Chartwells K12 CEO communications, celebrity chefs Michael Symon and Carla Hall, and even John Finlay from Netflix's Tiger King!

For your viewing pleasure, please click on the links below, capturing efforts and praise for our staff throughout these times.

[We are Family, Norwood](https://youtu.be/4r-KtiKhXjQ)

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[Family Dinners NCM](https://www.facebook.com/norwoodcommunitymedia/videos/237931970643742/)

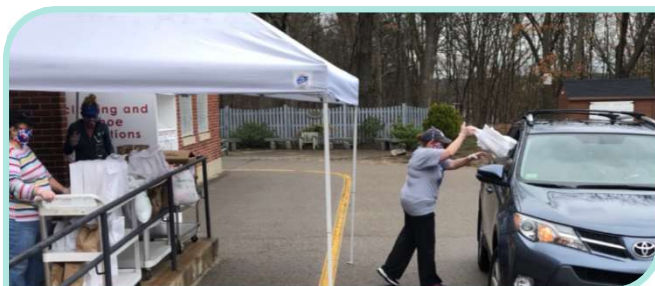
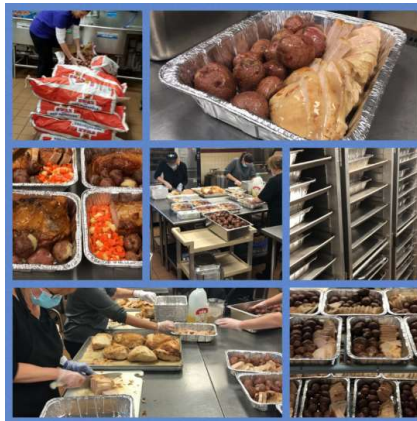
<https://www.facebook.com/norwoodcommunitymedia/videos/237931970643742/>



To date, here is a breakdown of the number of meals we have served to the Norwood community

- March 2020 – 10,828
- April 2020 – 44,160
- May 2020 – 48,756
- June 2020 – 36,594
- July 2020 – 25,772
- August 2020 - 14,198

Total – 180,308!



What We've Been Up To All the Fun Stuff!

Discovery Kitchen Program Expansion

From cooking demos to our new mobile teaching cart, our goal was to expand on a program that has been extremely successful, bringing experiences to the classroom. We held a variety of recipe demos, paired with nutrition education, and hands-on activities, involving the kids in every step of the growing and cooking process!

Tower Gardens

All of our elementary schools continued to utilize their tower gardens, finding more ways to tie in classroom curriculum with the plants students were growing. We held a variety of tastings and recipe demos incorporating items harvested from the tower garden for students to enjoy.

Mood Boost

One of our most well-received programs for the 19/20 SY was Mood Boost! Administration, staff and students absolutely loved the idea of tying in how we feel based off of the foods we eat! Our department traveled throughout each elementary school, providing tastings, weekly menu offerings, nutrition education and fun giveaways.

Student Choice & Cooking Class Collaboration @ Coakley

Student choice was such a huge success at NHS last year, so for the 19/20 SY we expanded on the excitement by launching the program at Coakley Middle School. We teamed up with school's cooking class to help execute the program, providing a real-world application for students to work in our kitchen. For every sampling event, cooking class students helped with everything from start to finish, including prep work, passing out samples to peers, and collecting votes.

