

Easton, Redding, Region 9 Public Schools Newsletter

What's Happening in School Food Service...

Menu of Fall Events

Visit Chartwells Online @
<http://EatLearnLive.com/>

Click on our website and learn more
about Chartwells K-12

Do you want to learn more
about Compass?

www.worldofcompass.com/video

Please visit our main website
www.cgnad.com/

If you would like to contact us
directly with questions or
comments our email address
is:

David.Kennedy@compass-usa.com

Please call us at:
(203) 938-0862

Visit the school district's website
to view our menus, the district's
wellness policy and other
important information

www.er9.org

Food Service Director Dave Kennedy to Speak At Joel Barlow High School's Career Day!

December
14th 2011

From the staff and myself we want to wish everyone a healthy and
happy holiday season!!!

David M. Kennedy- Director of Dining Services

Chartwells Moves to New Pizza Crust



Chartwells School Dining Services is moving away from the Sara Lee Deli'd Italia sheeted program to a Schwans' Two Sicily's Freezer to Oven (FTO) program. The new white whole wheat crust is super-nutritious from the addition of olive oil and flax seeds, high quality, and an easy to use product that has been taste tested and approved by students.

Chartwells Schools will be moving to the new crust items effective January 1, 2012.

HUSSC Schools Are Growing!

As of November 2011, a total of
127 Chartwells Schools have been
certified in the HealthierUS School
Challenge (HUSSC) initiative!



To see the complete list of award
winning Chartwells schools visit:

<http://www.chartwellsschools.com/News/Chartwells%20Schools%20with%20HUSSC%20Awards%20Updated%202011-4-11.pdf>

Food Buying Guide

Calculator for Child Nutrition Programs

The USDA's Food Buying Guide (FBG) for Child Nutrition Programs is a very valuable resource to help you purchase your food in the most economical way and help you determine the specific contribution each food makes towards the meal pattern requirements for food-based menu planning.

Often interpreting the FBG weight and measure conversions can be tricky. The National Food Service Management Institute and Team Nutrition have developed an interactive easy to use online calculator that allows you to build a shopping list of food from the FBG and quickly determine how much of each item is needed to produce the number of servings and portion size you specify.

To access the Food Buying Guide calculator you can visit: <http://fbg.nfsmi.org/>

Easton, Redding, Region 9 Public Schools Newsletter

What's Happening in School Food Service...

The Food Network's "Chopped" Takes on School Lunch

Connecticut was well represented on the November 22nd episode of the hit Food Network show "Chopped." Three cafeteria workers from schools around Connecticut competed against each other for the chance to win \$10,000. It was not all about the money for the four contestants: They are hoping to help raise awareness about how far school lunch has come with offering healthy meals for school-children. With White House chef Sam Kass as the guest judge, the ladies were challenged to create an appetizer with dill pickles and canned tuna, followed by an entrée using quinoa. Once the two finalists were selected, they were put to the test one more time to make a dessert out of cream cheese and grapes.



Fight the Flu with Food

5 Nutrition tips to help you stay healthy this Flu Season

- **Vitamin C** - Taking Vitamin C early on with a cold can help reduce the severity of the symptoms. 
- **Drink lots of fluids** - Flush away toxins by keeping hydrated. Drinking water or 100% fruit juice is the healthiest way to stay hydrated during a cold.  
- **Eat a balanced diet** - This will ensure you are getting the proper nutrients your body needs to stay strong. 
- **Spicy Foods** - Have a stuffy nose? Eating spicy foods can help break up congestion.
- **Wash your hands** - Do this before you eat, it is the best and most simple way to prevent a cold or the flu. 

As a proud partner of the USDA "ChooseMyPlate" network, one of our goals is to communicate the new 2010 USDA Dietary Guidelines that were released earlier this year.

The objective of ChooseMyPlate is to simplify the message of balancing calories, by emphasizing which foods to increase and which foods to decrease, using a familiar dinner plate diagram

The message for the 4th quarter of this year is to "Increase your fruits and vegetables by making these healthy foods half of what is on your plate".

You can support this message on menus, posters, newsletters and nutrition lesson plans.



New Next Month...

January is The Japanese New Year!

**January's Super Food is fiber rich
Brown Rice!**

Did You Know?

Currently only 2,161 Schools throughout America are certified as a HUSSC School.

