

e·bites...

encouraging healthy lifestyles for families!



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Harvest Celebration Week

During the week of September 26 through October 2, Chartwells K-12 and Wilton High School participated in the first ever Farm-to-Chef Harvest Celebration Week, a new promotion initiated by the Connecticut Department of Agriculture.

The Farm-to-Chef program is open to all restaurants and foodservice businesses in the state with the goal of helping connect Connecticut chefs and foodservice professionals with Connecticut growers, producers, and distributors. The Farm-to-Chef promotion also coincided with Chartwells' Eat Local campaign.

During the week, the Wilton High School Café featured an additional Farm-to-Chef lunch daily menu showcasing Connecticut grown produce items, as well as ingredients grown onsite in the Wilton High School garden. Students had access to fresh, locally grown fruits, herbs and vegetables such as apples, tomatoes, corn, peppers, yellow squash, zucchini, cabbage and eggplants.

Brian Reynolds, director dining services, comments: "We saw an increase in the amount of teachers and other administrative staff that participated in lunch. The feedback received from students, the client and staff was so positive we will definitely run a similar program next year."



Two Golden Carrots for Chartwells

During National School Lunch Week, the Physicians Committee for Responsible Medicine (PCRM) announced the winners of the 2010 Golden Carrot Awards for innovation in school foodservice.

Golden Carrots recognize foodservice professionals who go above and beyond to improve school lunches with healthy options. Two Chartwells Schools' locations were recognized for their efforts.

Runner-Up

Jeffrey Mills, foodservice director at the District of Columbia Public Schools, was one of three runners-up and will receive a cash prize of \$1,000 to benefit the foodservice program. At his accounts, Mills and the Chartwells team offer a wide variety of nutritious vegetarian meal options, in-

cluding curried local fall vegetables with steamed brown rice, Moroccan bean and vegetable stew, and a black bean burger on a whole wheat roll. Fresh salads are offered daily. They have introduced students to a variety of new fruits and vegetables through after-school programs and a "Strawberries and Salad Greens Day" kick-off event.

Honorable Mention

Honorable mention goes to Jill Patterson, resident dietitian, and Andre Santelli, executive chef and director of dining, at Weston



Resident Dietitian, Jill Patterson, RD, plays a Farm to School Apple Tree Game with students.

Public Schools in Weston, Connecticut where vegetarian entrées are available every day. These include veggie burgers, hummus platters with carrots, celery, and pita, and a salad bar that includes tofu, toasted almonds and edamame. Weston embraces the "Fruits & Veggies: More Matters" philosophy by offering unlimited portions of fresh fruits and vegetables from the bar. Non-dairy beverages such as soymilk are also offered.





November Food Focus: Broccoli

Be strong – eat broccoli! Broccoli contains several nutrients important for strong bones, including vitamins C and K, calcium, iron, magnesium, and potassium.

Try Broccoli:

- Dipped raw into light dressing or dip
- Chopped in a healthy green salad
- Added to pasta, casseroles, or stir-fry dishes
- As a tasty pizza topping
- Steamed, boiled, or sautéed as a colorful side dish

snack idea:

For a quick and easy after school snack, top a toasted whole grain bagel or English muffin half with a little tomato sauce, shredded part skim cheese, and raw or frozen chopped broccoli. Heat in a microwave oven until the cheese is melted.

Harvest Meals Celebration

Chartwells Harvest Meals are in full swing at East Bay, RI schools. This tradition began in September 2006 and the program has grown each year.

This year's harvest celebration featured Rhode Island grown potatoes, butternut squash and apples as part of the menu. Local farmers that had grown the produce were invited to attend the celebration, where Chartwells' management team and associates served the students lunch.

Occasionally, there is a visit from a "live" potato or apple to entertain the students during the special Harvest Lunch. Fort Barton Principal Suzette Wordell, said, "When I heard about this opportunity, we jumped on it. The kids are so excited. It's so important to promote a healthy lifestyle. This meal falls in line with what we are doing in school this year."



Broccoli Salad RECIPE

Ingredients

- ½ cup light mayonnaise
- ¼ cup granulated sugar
- 2 tsp. distilled vinegar
- 2 tsp. low-fat milk
- 3 cups raw broccoli florets
- ¾ cup seedless raisins

Preparation

Step 1: For dressing: Combine light mayonnaise, sugar, vinegar and milk. Mix well.

Step 2: Cut broccoli into bite-size pieces. Add dressing and raisins.

Step 3: Refrigerate at least 4 hours before serving.

Yield: 6 - ½ cup portions

Nutrition Facts:

Serving Size: 1/2 Cup	
Servings Per Container: 1	
Amount Per Serving	Calories from Fat 50
Calories: 170	
	%Daily Value ²
Total Fat 5.6g	9%
Saturated Fat 0.7g	4%
Trans Fat *N/A*	
Cholesterol 7mg	2%
Sodium 138mg	6%
Total Carbohydrate 30.4g	10%
Dietary Fiber 1.9g	8%
Protein 1.9g	4%
Vitamin A 6%	Vitamin C 66%
Calcium 3%	Iron 4%

²Percent Daily Values are based on a 2,000 calorie diet.
N/A denotes a nutrient that is either missing or incomplete.