



Eat. Learn. Live.

Chartwells-Thompson Dining Services @ St. Louis Public Schools

Client Newsletter December 2010

What's On Our Plates this Month? Meal Application Return!

Director of Food Services for St. Louis Public Schools, Althea Albert-Santiago, is pleased to congratulate the schools who have returned 100% of student meal plan applications. They will be entered into a drawing for a school pizza party or cook-out!

Nottingham CATJ
Busch AAA Middle
Bunche Int. Studies
Langston Middle
Adams Elementary
Ames ES
Bryan Hill Elementary
Clay CEC
Cole Elementary
Columbia CEC

Cote Brillante Elementary
Dewey International Studies
Farragut Accelerated
Gateway Math & Science
Elementary
Hamilton CEC
Herzog CEC
Hodgen Elementary
Kennard CJA
Mallinckrodt ABI

Mann Elementary
Mullanphy Elementary
Peabody Elementary
Shaw VPA-CEC
Shenandoah Elementary
Sherman CEC
Woerner Elementary
Washington Montessori
Wilkinson ECC I
Woodward Elementary

International Volunteer Day



We encourage all of our friends at St. Louis Public Schools to get involved in community volunteering events! December 5 is International Volunteer Day, but you can lend a hand year-round. Here are some ideas:

- ♥ Collect canned goods or clothes for a local shelter or food bank (like the St. Louis Area Foodbank!)
- ♥ Cook or serve meals for a local shelter or meal center
- ♥ Pick up litter in your neighborhood park
- ♥ Get up and walk or run a race for charity with friends or family
- ♥ Raise money to fight a disease or illness (like the American Diabetes Association)
- ♥ Volunteer at a local animal shelter to help homeless and sick animals



Associate Star of the Month: Yolanda Quinn



Pictured (L-R): Regina Webb, Chartwells Asst. Director; Bruce Norman, Chartwells Regional Vice President; Yolanda Quinn; Keith Cullinan, Chartwells President

Congratulations to Yolanda Quinn, lead at Busch AAA and Associate of the Month for December! Yolanda is described by her manager as a caring and dedicated person whose main focus is the health and happiness of her students.

The nomination for Yolanda was accompanied by notes from several other staff members at Busch, touting her positive attitude, attention to detail and helpful, team-player approach. Principal Robert Lescher says of Yolanda, "She is trustworthy, dependable and kind. We are lucky to have someone with these qualities at Busch since we are a School of Character."

Congrats, Yolanda, and keep shining!

Sortin' to the Tune of Community Service for St. Louis Area Foodbank



Over 80 Compass Group employees in the St. Louis area came together on Saturday, November 6, 2010 to give back to our community at an annual event called "Sortin' to the Tunes." Volunteers from Chartwells-Thompson at St. Louis Public Schools, among a large number of other Chartwells-operated school districts joined others from Morrison, Eurest, Canteen and Levy to pack boxes of donated food for the St. Louis Area Foodbank. Employees and their families danced and sang along to some good ole' rock and roll music while packing turkeys, chicken and many more food items for community members in need. Coordinated by Bridget Jordan, Director of Dining Services for Chartwells at Windsor School District, the high-energy event also has a high impact: in just one Saturday morning, our group packed enough food for more than 10,000 meals!



International Holiday Recipe: Madagascar

Akohosv Voanio (Coconut Chicken Stew) serves 4

2 large boneless, skinless chicken breasts
Salt and pepper to taste
2 tablespoons cooking oil
2 onions, sliced
8 ounces ginger, chopped finely
2 tomatoes, large dice
2 cloves garlic, chopped finely
16 ounces unsweetened coconut milk

Cut the chicken into small pieces and sprinkle with salt and pepper to taste.

Heat cooking oil in a frypan. Sauté the chicken, over a medium heat, until done. Add the onions to the pan. Continue stirring over medium heat until the onions are brown. Add the ginger, tomatoes, and garlic to the pan. Sauté together briefly over medium heat.

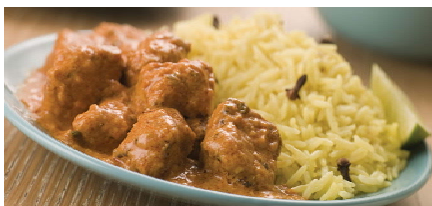
Add coconut milk and mix well. Reduce the heat. Simmer over a low heat for thirty minutes.

Curried Rice with Raisins and Nuts.

3 tablespoons butter
1 small onion, chopped, about 1/4 cup
1 cup uncooked long-grain rice
2 cups chicken broth or beef broth
1/4 cup raisins
1/4 cup nuts
1 teaspoon curry powder

Preparation:

Melt butter in a heavy medium saucepan over medium heat. Add onion and cook for about 5 minutes, until soft and just beginning to turn yellow. Add rice and stir to coat well with the butter. Add broth, raisins, nuts and curry powder. Stir to combine ingredients. Cover and bring to a boil. Reduce heat; simmer for 20 minutes, or until rice is tender and liquid has been absorbed.



Healthy Gift Ideas

Don't know what to give this year? Share the gift of health with your friends and family this season by giving gifts that promote healthy eating and an active lifestyle!

- * Give a gift certificate for an exercise class like yoga, Pilates or Spinning.
- * Fresh fruit is a treat in the winter months! Give a big basket of fresh and dried fruits and whole nuts with a nut-cracker.
- * Healthy cookbooks—look for those that use fresh ingredients and promote heart-health or lower fat and calories.
- * Time for Tea: arrange a variety of teas (green, black and herbal) in a unique mug with a jar of honey.

Superfood Focus: The Tiny But Mighty Cranberry

Throughout history, cranberry fruits and leaves have been used for a variety of health problems such as wounds, urinary disorders, diarrhea, diabetes, stomach problems and liver disease. Recent research has shown that each tiny cranberry contains phytonutrients, or plant nutrients, many of which are classified as flavonoids. Flavonoids are powerful antioxidants. Antioxidants help maintain cell structure and good health by combining with and neutralizing "free radicals", highly reactive chemicals that damage cell walls. In fact, cranberries have one of the highest concentrations of antioxidants, when compared to other fruits.

Cranberries protect against UTIs, Gum Disease & Ulcers. New research affirms that cranberries may aid in preventing urinary tract infections (UTIs) because they contain anti-adhesive proanthocyanidins. The proanthocyanidins in cranberries are unusual and not like the ones in chocolate and grapes. They prevent undesirable bacteria from sticking to the bladder's walls. And in a similar way, they may make it more difficult for gum disease-causing dental plaque to stick to gums and ulcer-causing *Helicobacter pylori* bacteria to stick to gastric walls.

Cranberries can help prevent Cancer and Heart Disease. Early research also suggests that the antioxidant properties of flavonoids in cranberries may play a role in preventing both heart disease and certain cancers. More study in humans is needed to establish the relationship but laboratory studies are promising.

There are many health-related reasons to include cranberries in your diet, but one of the most important reasons is that they add color and zest to dishes and taste great too!



Thank you to our friends at Thompson Hospitality for providing the International Holiday recipe this month.

Parents: Beat the Winter Blues and Stay Healthy as a Family!



Here we are, already in the month of December with winter break quickly approaching. Being cooped up in the house can make parents and children crazy after a few days let alone weeks on end. Here are a few ideas for you and your children to help you survive the long winter days without blowing your budget or losing your sanity:

* Have an indoor picnic with your children. Spread out a blanket and pack a basket of your favorite picnic foods. Take this time to chat about what you miss most about the summer.

* Have a family night playing your favorite board games. Offer a grab bag of prizes (purchased from your local dollar store) or let the winner give up their chores for the day.

* Have a day of cooking with your children. Cooking with your kids teaches them valuable skills and also gives them precious time with you. Have smaller children help you measure, stir dry ingredients, and count out ingredients with you. Allow older children to do things themselves under your supervision. Be sure to eat some of the treats you made together and have your child present them to your spouse or other family members. It is such a joy to see our children looking so proud of what they have done!

* Find out what your local library has to offer. Many offer amazing classes and story hours for children during the winter months. You can also take them to pick out their own books, movies, and music to be enjoyed together or alone.

* Play in the snow with your kids. Help them make snow angels, go sledding, build a snow fort, or create a snowman. After a hard morning of playing in the snow, come inside and have a nice warm cup of hot chocolate complete with marshmallows and whipped cream.

Source: www.stretcher.com



Enjoy the Holidays Without Gaining Weight

The holidays are a time of gatherings with friends and family, presents and of course FOOD. A study from the National Institute of Health suggests that Americans probably gain about a pound during the winter holiday season. As a result, this extra weight accumulates through the years and may be a major contributor to obesity later in life. Here are 6 tips which may help you to maintain your weight during this wonderful time of year and not gain a pound!

Tip #1:

Don't Diet—It will be nearly impossible for you to lose weight with all of the extra treats people will be offering to you. Instead try not to gain any weight.

Tip #2:

Keep your distance from the appetizers— If you stand next to a table full of food you will likely consume an enormous amount of calories without thinking about it. Instead be sure to place yourself in a position where food is not just a reach away.

Tip #3:

Watch out for liquid calories— An 8 oz. glass of eggnog contains 345 calories. Instead try a low calorie drink such as seltzer, diet soda or a flavored sparkling water.

Tip #4:

Watch your portion size— Don't deny yourself your holiday favorites instead take a small helping and eat SLOWLY and enjoy the savory flavors.

Tip #5:

Don't arrive to a party hungry- If you do you are setting yourself up to over eat on empty calorie foods. Instead, have a snack before coming to the party so you won't over indulge.

Tip #6:

Take caution when eating out- Don't order foods which are fried or have heavy sauces such as alfredo. Instead go for a large salad with the dressing on the side.

Get Moving!

It's often hard to get outside in the cold winter months. But it is still important to make sure to get 30 to 60 minutes of physical activity every day.

Whenever possible, take advantage of a brisk 30 minute walk. Or get out and build a family snowman or a fort.

The kids will love it, and you may have fun too!



New Year's Resolution Ideas for Kids (Good Advice to All Ages!)

What is a *resolution*? A resolution is a promise. It is a promise that you make to yourself! It is a tradition for people to make resolutions at the beginning of a new year. Maybe one of these will work for you?

1. I will drink milk and water, and limit soda and fruit drinks.
2. I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope,

dancing or riding my bike) that I like and do it at least three times a week!

3. I will always wear a helmet when bicycling.
4. I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school
5. I will help out in my community – through volunteering, working with community groups or by joining a group that helps people in need.

6. I will wipe negative “self talk” (i.e. “I can’t do it” or “I’m so dumb”) out of my vocabulary.

7. When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.

8. I will resist peer pressure to try drugs and alcohol.

Source: www.aap.org.

Staff Member Spotlight: Meet our IT Guy! Lawrence Netterville

St. Louis native Lawrence Netterville, joined our team last February as the Analyst for Systems and Technology. A graduate of the University of Missouri St. Louis, Lawrence studied political science, but found his niche in the computer world. Following a natural instinct to tinker with electronics and computers, he began an IT career that has spanned almost thirteen years, eleven of which were spent at Anheuser-Busch, and eventually led him to Chartwells-Thompson Dining Services.

Lawrence takes a problem-solving approach to his job, focusing on how technology helps people through creating efficiencies. “Technology should automate, simplify or eliminate processes,” he says.

The Chartwells-Thompson focus on nutrition and health is a great fit for Lawrence. An avid jogger, he also enjoys other physical activities like biking and fishing, and is a strong proponent of wellness and living a healthy lifestyle. He often participates in 5K runs when he



can and says that he would like to eventually train for a triathlon.



Please consider the environment before you print this newsletter. But if you do print, please pass along to someone else or put into a paper recycling bin when you are done!

Our passion for good food isn't limited to the cafeteria. Together with balanced, delicious meals, we offer an exciting range of educational tools that help your students make wise, informed decisions. “Eat. Learn. Live.” is the foundation of all that we do in school foodservice education.



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