



# Food For Thought



## August 2018

# Welcome Back!

### Table of Contents

**Page 1:**

Nutrition Spotlight

**Page 2:**

Breakfast in the Classroom

Supper Program

**Page 3:**

Returning Programs

**Page 4:**

Carver Backpack Program

Special Diets

Hydration

**Page 5:**

Meet the Management

Team

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ugust 14th is the first day of the 2018-2019 school year! We are excited to start this new school year on a great note.

### *Just a few reminders to get us started...*

- Breakfast, Lunch and Supper meals are **FREE** to **all students!**
- Monthly menus are available at ***www.nutrislice.com***, ***the Nutrislice App*** or at ***www.slps.org/menus***.
- You can find nutrition facts, along with any allergy information on these websites as well!

## Nutrition Spotlight

### Monthly Promotions

- Be on the lookout for ***Peaches*** on the salad bar on **August 22!**
- Creamy ***Peach*** Oatmeal will be featured on the menu **August 24!**
- ***Try-it-Tuesday*** will feature a Spicy Marinara & Spaghetti with Savory Meatballs on **August 28th!**



### Fruit of the Month



## ***Peaches***

#### **Did you know:**

- Peaches are a great source of vitamins A and C
- A large peach has less than 70 calories and has 3 grams of fiber
- “The World’s Largest Peach Cobbler” is made every year in Georgia. It measures 11 feet by 5 feet
- There are more than 200 kinds of peaches

*For questions , contact:*



## **Breakfast in the Classroom**

Thanks to the generous granting funding of \$259,268.67 from the Partners for Breakfast in the Classroom, Saint Louis Public Schools will launch the Breakfast In the Classroom in 46 elementary schools.

The Food and Nutrition Services (FNS) Department along with Southwest Foodservice Excellence (SFE), will launch the Breakfast In the Classroom (BIC) Program on the first day of school, Tuesday, August 14th. The BIC Implementation Plan will be rolled out in three different phases:

The following elementary schools will participate in the first phase: Carver, Ashland, Columbia, Dunbar, Farragut, Hamilton, Lyon Academy at Blow, Oak Hill, Gilkey Pamoja @ Cole, Peabody, Adams, Ford, Jefferson, Monroe, along with Madison Therapeutic School. Phase 2 will start on October 1st and Phase 3 will began November 5th.

Breakfast in the classroom has been shown to increase student's readiness to learn, reduce visits to the nurse and limit behavioral concerns in the classroom—along with reducing tardiness in schools.

We are excited to offer this program and look forward to seeing the additional benefits for each of our students and staff!

***For more information about the BIC Program go to Food Research & Action Center Website:  
[www.frac.org/programs/school-breakfast-program](http://www.frac.org/programs/school-breakfast-program)***

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## **Supper Program**

We are excited that the Food and Nutrition Services Department will be offering the At Risk Supper Program Afterschool Program through the Child and Adult Care Food Program (CACFP). The CACFP provides funding for snacks and suppers in organized afterschool programs.

This year, 27 elementary and 8 middle schools will participate in the program. The Afterschool Programs will serve healthy and nutritious meals and encourage each student to participate in safe and fun activities that promote learning.





## Returning Programs

- ◆ **Roving Chef Program** - This program is a hands-on cooking class for students of all ages. Last year, there were 190 roving chef classes.
- ◆ **Nutrition Education Program** - In this program, students learn about different health and nutrition topics. The students also have the opportunity to participate in hands-on activities and enjoy tasty treats during class. Last year, there were 50 nutrition educations across the district.
- ◆ **Café Displays** - These are mini-nutrition educations held across the district. The students have a chance to learn health information while participating in taste testing. Last year, there were 29 café displays.
- ◆ **Taste Testing** - These give the students a chance to try new foods that they may not have eaten before.
- ◆ **Focus Groups** - This is a group of 10-12 students that come together to discuss the food being served on the monthly menus. The FNS Department and SFE have used this feedback to create menus and recipes that the students have enjoyed. Last year, there were 24 focus groups held.
- ◆ **Foodapoloosa** - These events teach children all aspects of food and where food originates from. Students learn about harvesting, what is needed for harvesting, and even get to plant their own vegetable or fruit to take home. There were three Foodapoloosa events held this past year.
- ◆ **Farmers Markets** - This program is designed to give students an opportunity to try a variety of fruits and vegetables in a safe environment. The students will learn about new foods and watch their peers try new foods as well. There were five farmers market events held this past year.
- ◆ **Health Fairs** - Health fairs are designed to bring the schools and communities together in order to promote health and wellness. Three health fairs were completed in 2017-2018 school year.

***FNS and SFE are excited that we have the opportunity to continue these programs for the students. It is our goal to not only continue these programs but also expand them in the 2018-2019 school year. That means, we are planning to offer even more exciting programs this year.***







## Back Pack 4 Kids at Carver

Back Pack 4 Kids is a program that was started by Nedrita Williams who saw a need in her school community.

The program began with Nedrita supplying meals for three students over the weekend. Over time, the program continued to grow and Nedrita partnered with her Church Community to supply 15 families with backpacks full of meals for the weekend.

With the end of the 2017-2018 school year Nedrita is looking ahead and says, "I look forward to the next school year—to be bigger and more kids in the program." We are excited to see this wonderful program growing and helping the kids this school year.



## Special Diets

### *Is your child eligible to receive special dietary accommodations?*

Such special dietary accommodations can be provided for students with celiac disease, diabetes, food allergies, PKU, dysphasia, and other physician prescribed dietary needs.

In order to provide these accommodations, proper documentation must be provided. Proper documentation includes a form signed by a licensed practitioner stating the dietary needs and accommodation that needs to be met.

With this documentation, the Food and Nutrition Services Department will provide a special menu and special menu items for your student.

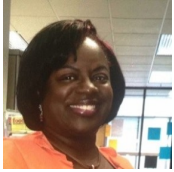
## Hydration



# Meet the Management Team!

**Althea Albert-Santiago**

SLPS Director of Food  
and Nutrition Services



**Tenecia Williams**

SLPS Accountability  
Specialist



**Erika Hollinshead SFE**

Catering Specialist



**Mike Butler**

Associate Director of  
Area Operations



**Carolyn Penn**  
General Manager of  
Foodservice



**Jackie Martin-Baker**  
Assistant General  
Manager



**Krystal Simmons**  
Nutrition  
Coordinator II



**Emily Philips**  
Nutrition  
Coordinator I



**Sarah Drayton**  
Nutrition  
Coordinator I



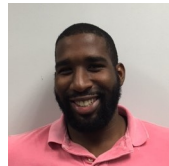
**Amanda Bast**  
Nutrition  
Coordinator I



**Lionel Franks**  
Assistant General  
Manager



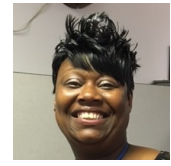
**Javan Thompson**  
Assistant General  
Manager



**Angela Walker**  
Assistant General  
Manager



**Belinda Starks**  
Assistant General  
Manager



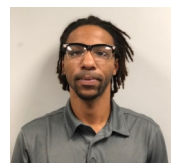
**Joseph Somai**  
Assistant General  
Manager



**Richard Griffin**  
POS Support Analyst



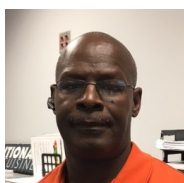
**Brandon Butler**  
IT Support



**Gary Johnson**  
District Chef



**John Robinson**  
District Chef



**Patsy Walker**  
Accounts Payable



**Ravvy Clayton**  
Manager, Human  
Resources



**Karen Lee**  
HR & Payroll  
Administrator

