



# Food For Thought August 2019 Welcome Back!



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Saint Louis Public Schools (SLPS) would like to introduce Southwest Foodservice Excellence (SFE) to new students and families with the district. SFE is the food service management company in partnership with the SLPS Food and Nutrition Services Department. SFE will provide nutrition education along with management and administrative services for the district. Both Food and Nutrition Services and SFE look forward to enhancing the students' learning experience by serving and providing healthy food options that taste great each and every day.

### KEY REMINDERS:

- Breakfast, lunch, and supper is free to all students.
- Menus, nutrition facts and allergy information are available at [www.nutrislice.com](http://www.nutrislice.com), the Nutrislice App or via the SLPS website, [www.slps.org/menus](http://www.slps.org/menus)

## Nutrition Spotlight



### Fruit of the Month



### *Peaches*



#### Did you know:

Peaches are deliciously packed with several beneficial nutrients:

- Vitamin A -- makes your eyes strong
- Vitamin C -- helps your immune system fight to keep you healthy
- Fiber -- important for good digestion
- Beta carotene -- makes your eyes and your immune system strong

*For Questions Contact:*

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 Sarah Drayton, MA, RD, LD, Nutrition Coordinator II: 314-381-4155



## SLPS NUTRITION PROGRAMS

**SLPS offers a full-service program of options including breakfast, lunch, supper and snacks! Vegetarian options are also widely offered.**

**Nutrition Education Programs:** Students participate in hands-on activities and enjoy a nutritious delicious treat.

**Cafe Displays:** Mini nutrition and health education sessions are held in the cafeteria combined with a taste testing!

**Focus Groups:** Ten to 12 students come together to discuss the food on their school's menu. Their feedback is used to adjust the monthly menu.

**Foodaplooza:** This event teaches children where their food originates, from planting to harvest. Students enjoy taking a fruit or vegetable plant with them to grow at home.

**Breakfast in the Classroom (BIC):** This program ensures no one misses the most important meal of the day, breakfast. Research conducted of the BIC program shows improved behavior and test scores amongst students.

**Grab & Go Program:** This program gives students a convenient second chance to eat breakfast once the regular meal service has ended.

**After School Supper Program** is also available at select schools. Any student in an after school program is welcome to enjoy a balanced meal!

**Health Fairs** held in schools, help bring students and the outside community together!

**Farmers' Markets** are in-school events that give students an opportunity to try a variety of fruits and vegetables. Seeing their peers try new foods encourages students to be brave enough to explore less common produce as well

**Roving Chef:** A hands-on cooking class for students of all ages.

*This institution is an equal opportunity provider*





# HEALTH + WELLNESS TIPS

August, which is Kids Eat Right Month™, is a great time for families to focus on the importance of healthful eating and active lifestyles. The Academy of Nutrition and Dietetics is encouraging families to take the following steps:

**Shop Smart.** To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.

**Cook Healthy.** Involve your child in the cutting, mixing and preparation of meals. They will learn about food and may even be enticed to try new foods they helped prepare.

**Eat Right.** Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another. Research indicates that families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.

**Healthy Habits.** You can help kids form great and healthy habits by setting a good example. Fill half your plate with fruits and vegetables, choose lower-sodium options and make at least half the grains your family eats whole grains. For beverages, choose water over sugary drinks and opt for fat-free or low-fat milk.

**Get Moving.** Aside from being a great way to spend time together, regular physical activity is vital to strengthen muscle and bones, promote a healthy body weight, support learning, develop social skills and build self-esteem. Kids are encouraged to be active for 60 minutes per day.

## SLPS RECOGNIZED FOR THE 2018 -19 SILVER TURNIP THE BEET AWARD

**The Turnip the Beet Award** from the USDA Food and Nutrition Service recognizes outstanding summer meal program sponsors across the nation that work hard to offer high-quality meals to children that are appetizing, appealing, and nutritious during the summer months.

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## **HEALTH & NUTRITION TEAM:**

The Food and Nutrition Services Department is so very happy to have a *Health & Nutrition (H & N) Team* to support the students, staff and families of SLPS. The H & N Team is comprised of four registered dietitians.

### **H&N Team Responsibilities Include:**

- Writing and analyzing menus to make sure they meet nutritional requirements regarding the recommended amount of fruits, vegetables, protein and whole grains while restricting saturated fat and sodium
- Conducting nutrition education, focus groups and cooking classes in schools
- Training food service workers
- Managing assigned schools' food service
- Working in a multidisciplinary approach with nurses, teachers and principals to meet the nutrition needs of the school, including special diets as described below

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**Congrats to Laka Huyette, MS, RDN, LD, Ace of the Health & Nutrition Team for recently being elected President of the Missouri Academy of Nutrition and Dietetics!**

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## **Special Diets**

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

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

In order to provide these accommodations, proper documentation must be provided.

### **The annual documentation form must include:**

- Student's name and birthdate
- Clear instructions regarding dietary needs and required accommodations
- Form must be signed by a licensed practitioner

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

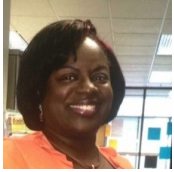
***\*Accommodations can only be honored after proper documentation is submitted.***





# Meet the Management Team!

**Althea Albert-Santiago**  
SLPS Director of Food  
and Nutrition Services



**Tenecia Williams**  
SLPS Accountability  
Specialist



**Erika Hollinshed**  
SFE Catering Specialist



**Mike Butler**  
Associate Director of  
Area Operations



**Carolyn Penn**  
General Manager of  
Foodservice



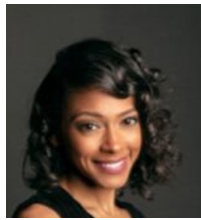
**Jackie Martin-Baker**  
Assistant General  
Manager



**Krystal Simmons**  
Child Nutrition  
Manager



**Laka Huyette**  
Nutrition  
Coordinator II



**Sarah Drayton**  
Nutrition  
Coordinator II



**Amanda Bast**  
Nutrition  
Coordinator I



**Marcus Stitum**  
Chef



**Michelle Sherrell**  
Assistant General  
Manager



**Kwamina Mcmillar**  
Payroll & Benefits



**Belinda Starks**  
Assistant General



**Richard Griffin**  
POS Support Analyst



**Brandon Butler**  
IT Support



**Gary Johnson**  
District Chef



**John Robinson**  
District Chef



**Patsy Walker**  
Accounts Payable  
Clerk



**Ravvy Clayton**  
Manager, Human  
Resources



**Karen Lee**  
HR & Payroll  
Administrator

