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December 2017

Nutrition Spotlight

Monthly Promotions

National Biscuits and Gravy Day
December 14th!

Try-It-Tuesday is Roasted
Cauliflower on December 19th!

Vegetable of the Month

Cauliflower

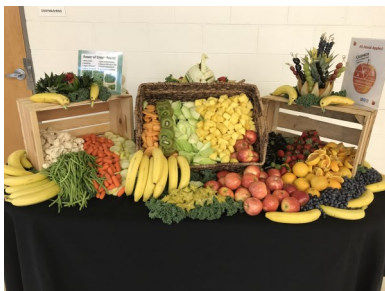


Did you know....

- Cauliflower is a close relative of broccoli.
- Cauliflower is available in a variety of colors including green, purple, and orange.
- Cauliflower is a good source of Vitamin C, Vitamin K, folate, and Vitamin B6.

Thank You!

Thank you to all the parents that came out to the Parent Advisory Council Meeting at Gateway complex on October 24th! Speakers for the event included Ms. Albert-Santiago, director of Food and Nutrition Services, Carolyn Penn, Director of Dining Services, and Emily Phillips, Nutrition Coordinator. Additionally, the Roving Chef Program, Farmer's market Displays, the Grab-and-Go Cart, and Cafeteria Displays were highlighted.



For Questions Contact Food and Nutrition Services Director:

Althea Albert-Santiago, 314-345-4519



Breakfast in the Classroom

We are always on the lookout for new ideas to increase participation in our School Breakfast program. One idea that we have piloted this year is Breakfast in the Classroom (BIC) at Patrick Henry Downtown Academy. Principal Colby Heckendorn states that “Having Breakfast in the Classroom (BIC) has completely changed the morning experience for our early childhood students and their families. Instead of getting dropped off in a busy cafeteria, students are welcomed into their classroom by their teacher. Our students get more individualized attention and teachers get an opportunity to connect with families and make sure everyone is able to start the day off on the right foot. Not to mention we've been able to start our morning lessons nearly 20 minutes earlier than we did when students ate in the cafeteria. That's an hour of instructional time that we're able to preserve each week!”



Out and About with Health and Nutrition

Nutrition Educations

The objective is to teach students about different topics related to health and nutrition and engage them in either a taste testing or hands on activity. This program can be catered to any grade group.



Laclede students learning about healthy snacking

Café Displays

Each month, the Health & Nutrition team creates a display board on a topic related to health and nutrition. They go to various schools throughout the district to set up their displays during lunch. In addition, students have the opportunity to sample different types of food related to the topic.



Buder Café Display

Roving Chef

Roving Chef Program is a hands-on cooking class for students of all ages.

Students learn basic culinary terms along with the nutritional aspects of the foods they are cooking with.

The students get to prepare, taste and take home the recipes of the entrée they make in any given class.



Carver Students preparing Sloppy Joes





Thanksgiving 2017

Thanksgiving meals were a great success this year! The students and faculty at each school had their own Thanksgiving celebration. Central VPA had special guests serving the students for their meal on November 15th! The Superintendent of St. Louis Public Schools, Dr. Kelvin Adams, Deputy Superintendent of Operations, Mr. Roger Cayce, The Director of Food and Nutrition Services, Ms. Althea Albert-Santiago, and the co-founder of Southwest Foodservice, Luis Benavides were all in attendance.



Presidential Visit

Gateway Complex has been honored by the Clinton Foundation for its success in health improvements among the students. Mr. Clinton stopped by the Gateway cafeteria on November 1st to witness the healthy food initiatives taking place!

