

# Pocono Mountain School District Food & Nutrition News

April/May 2024



## Chartwells Welcomes You

Happy Summer! We are excited to share our recent promotions and outreach with you! Read on to learn more.



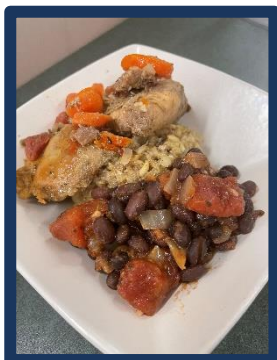
*Our freshly made Kale Cranberry Salad gave all K-8 students a chance to eat "Smart" in April 2024.*

**Alert Mood Boost:** In April, all elementary & intermediate students in the district had the chance to try our special "Alert" Mood Boost recipe: Glazed Carrots!

**Smart Mood Boost:** Monique and Chef John visited Clear Run Elementary Center in April to promote our Kale Cranberry Salad menu special to the K-2 students. Also, Monique gave a lesson on the health benefits of kale!

**Global Eats Caribbean:** Students at all 9 of our district schools tried Caribbean cuisine through our Global Eats program in April. Our offerings included Jamaican chicken, spiced brown rice, and Cuban style beans!

*K-12 students tried Jamaican chicken, spiced brown rice, and Cuban style beans in April.*



*Monique shows CREC students a video about eating smart.*



## Nutrition Corner: HYDRATION

With the weather warming up, it's important now **more than ever** to drink water and prevent dehydration! Research has found that even mild dehydration impairs energy levels, memory, and brain function.

### How much water should I be drinking?

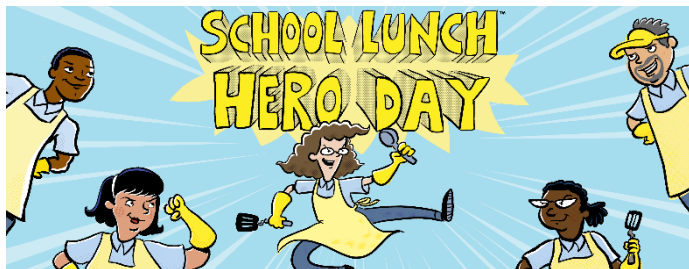
- 4-6 cups/day for generally healthy people
- 2-3 cups/hour when you're sweating

*These amounts vary depending on you and your lifestyle. You can get a more accurate number by using an online [water intake calculator](#).*

### Tips to Drink More Water:

- Infuse fruits, veggies, or herbs into your water
- Try seltzers or sparkling water
- Try zero calorie drink mixes
- Carry a water bottle with you
- Eat more foods with a [high water content](#)

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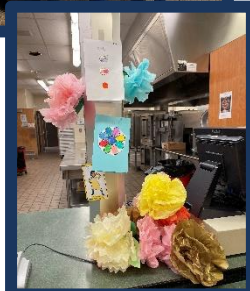
## Kitchen Staff Are Celebrated on School Lunch Hero Day

May 3<sup>rd</sup> was School Lunch Hero Day! To celebrate, our Chartwells cafeteria team donned themed t-shirts and were showered with thanks from students and district staff.

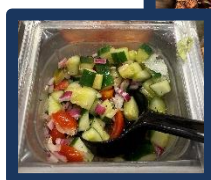
At Clear Run Elementary Center, students beautified coloring pages that read, "Thank you bunches for our lunches!" At Tobyhanna Elementary Center, our staff were presented with masks and capes to wear that day because "lunch ladies" are superheroes!

Then, in an unexpected turn of events, our team members at Clear Run Elementary Center and Clear Run Intermediate School came to the rescue once again to prepare and serve lunches during an hours-long power outage. We are so proud of our Chartwells team!

Our Chartwells teams at East Junior High School and Tobyhanna Elementary Center pose for SLHD.



Marinated Tomato & Cucumber Salad and Roasted Eggplant were served at all 9 district schools in May 2024.



## PA Harvest of the Month Grant 2024-2025

In May, we were awarded **\$1,498** in grant funds to continue our **monthly coloring contests** for K-3 students in the **2024-2025 school year!** The coloring pages will feature the **fruit or vegetable of the month** and an **educational snippet** about nutrition.

*Farmer Jeanine teaches SIS students about organic farming.*



## Farm to School Program

In early May, the **Corporate Director of Marketing Communications** at Pocono Organics, Jeanine Hofbauer, visited our 4-6 students at Swiftwater Intermediate School to teach them about **organic farming!** Students were excited to ask questions and visit the **Pocono Organics** table display to view produce and take educational handouts, stickers, and other goodies. This was in preparation for our **farm to school menu specials** made from Pocono Organics' produce, which were served just two weeks later!

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