

Pocono Mountain School District Food & Nutrition News

Fall 2024



Chartwells Welcomes You

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



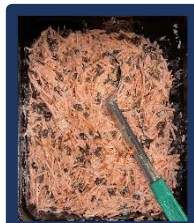
Our staff pose for a photo at Opening Meeting in August 2024.

Farm to School: In September, all elementary & intermediate students had the chance to try our Lo Mein Noodles with Carrots & locally-sourced Cabbage!

Confident Mood Boost: Monique and Chef John visited Clear Run Elementary Center in October to promote our Carrot & Raisin Salad menu special to the K-2 students. Also, Monique gave a lesson on the health benefits of carrots!

Discovery Kitchen Cooking Demo's: Students in two of SEC's classrooms were selected to enjoy a cooking demo for sautéed mushrooms hosted by our very own Chef John!

Chef John served Carrot & Raisin Salad to students in October.



K-6 students tried Lo Mein Noodles containing cabbage from Pocono Organics in September.



Meet Our Staff

Dianne Dymond



Dianne started at Pocono Elementary Center in January of 1993. She moved to East HS, & then to EJHS as the head

cook at the request of Principal Forte. Dianne enjoys serving the American Classics line & taking care of her new kitten at home.

Margaret Moriarty



Margaret started with us in Sept of 1990. She was a cook at SIS, then head cook at SEC for 25 years. Today,

Margaret works at EJHS. Her favorite job duty is working the register! She also loves to read.

Increase in Meal Participation

Since 2023, meal participation at breakfast for the district has increased by 10%. There has been an increase of 5% at EJHS & by 10% at SEC. We also opened a new breakfast line at SIS. Plus, EJHS is eligible for lunch bonus reimbursement for the 1st time!

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Nutrition Corner: SATIETY

73.6% of U.S. adults are overweight or obese. One major cause is diet—specifically, **consuming too many calories** from processed foods. This issue can be addressed with small changes that increase **satiety**.

What is satiety? A feeling of fullness after eating.

The three macronutrients—protein, fat, and fiber (a type of carb)—each promote satiety, especially when eaten together.

Healthy Snack Examples:

- Banana + pistachios
- Whole grain crackers + hummus
- Granola + yogurt
- Chef salad + olive oil

Tips to Achieve Satiety:

- Eat smaller bites of food
- Chew fully before swallowing
- Avoid distractions at mealtimes
- Drink water throughout the day and at meals



PA Harvest of the Month Coloring Contest

Earlier this year, we were awarded \$1,498 in grant funds from PA HOM to teach K-3 students about fruits and veggies.

Like last year, K-3 students at 3 of our district schools will have the opportunity to enter a monthly coloring contest for the chance to win a prize from September 2024 to May 2025!

The coloring page will feature the fruit or veggie of that month and a short educational snippet about nutrition. In September, the coloring page featured bell peppers to fit the “Peppers” theme. October’s coloring page featured apples!

One winner will be chosen at each participating school. Check out the winners from September and October below!

Monique poses with Clear Run Elementary Center’s September 2024 contest winner, Eliana Petrakis.



Swiftwater Elementary Center’s October 2024 contest winner, Siena Bauer, smiles next to her coloring page.

Pocono Mountain Brings Farm to School

Students at 4 of our district schools got to grow mushrooms in the classroom for National Farm to School Month! Pocono Organics provided us with 77 farms, allowing this hands-on learning experience for ~1,925 students. Then, on October 30th, Chef John and Resident Dietitian Monique Mazaika visited 2 SEC classes to show students how to cook mushrooms and teach them about their health benefits!

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