

# Pocono Mountain School District Food & Nutrition News

Spring 2025



## Chartwells Welcomes You

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



*Our team at East High School was featured in the winter 2024 issue of the student-made magazine, "Elevate."*

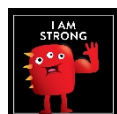
**State Odyssey of the Mind:** In April, we did our biggest catering of the year for thousands of people competing in the state science tournament at EHS, EJHS, and SIS!

**Calm Mood Boost:** Monique and Chef John visited East Junior High School in April to promote Broccoli Slaw to the 7-8 grade students in honor of Stop Food Waste Day. Did you know that all parts of a broccoli plant are edible?

**Strong Mood Boost:** Our Roasted Zucchini menu special gave all students a taste of summer in May! This dish was served by Chef John to TEC students, who also learned the health benefits of zucchini from Monique.

## School Lunch Hero Day

Friday, May 2<sup>nd</sup> was School Lunch Hero Day (SLHD)! Recognized by the School Nutrition Association, SLHD recognizes and celebrates the valuable work of school food service staff. This year, students at Clear Run Intermediate School made a poster (pictured below) for our cafeteria staff and East High School administration brought in coffee & munchkins for our team!



*Monique promoted Roasted Zucchini in May.*

MOOD BOOST



*We fed dinner to over 400 PMEA students in under 30 minutes.*



*EJHS students tried Broccoli Slaw in April.*



## Catering PMEA Music Festival

Talented student musicians from all over the state came to **WHS, EHS, EJHS, & SIS** to practice for PMEA's biannual **music festival**. Our team successfully provided lunch, dinner, and snacks to over **400 students & chaperones** over 3 days in April!

chartwells  
serving up happy & healthy



## 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](#)



**THANK  
YOU!**

**Chartwells Team Members w/ 20+ Milestone Anniversaries:** Evelyn Rivera (20 years), Ellen Sullivan (30 years), & Wendy Bilello (30 years).



## PA Harvest of the Month Coloring Contest

The K-3 coloring contest, funded by the \$1,498 we were awarded from PA HOM, is has concluded!

Each month, students have been learning about nutrient-dense foods while exercising their coloring skills. The Mar-May coloring pages featured dairy, leafy greens, and asparagus to fit the monthly PA HOM theme.

We also just received word that we were awarded a grant of \$1,278 to continue these contests next school year!

*Assistant Cook Aurea poses with Clear Run Elementary Center's April 2025 contest winner, Brayan Milla Amaya.*



*Tobyhanna Elementary Center's March 2025 contest winner, Mia Pollinger, smiles next to her coloring page.*

## National Nutrition Month

Started by The Academy of Nutrition and Dietetics, National Nutrition Month is a time for Registered Dietitians (RDs) and Dietetic Technicians, Registered, to encourage others to make healthier choices. This year, the theme was "Food Connects Us." Our very own RD, Monique Mazaika, visited Swiftwater Intermediate School to teach the 4-6 students about a career as a nutrition expert!

