

Pocono Mountain School District Food & Nutrition News

Winter 2024-5



Chartwells Welcomes You

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



CREC staff and Resident Dietitian Monique Mazaika promote the Kale Salad in December 2024.

Smart Mood Boost: In December, all elementary & intermediate students had the chance to try our menu special: Kale Salad with Cranberries & Tomatoes!

Global Eats Italy: Monique and Chef John visited Tobyhanna Elementary Center in January to promote Roasted Green Beans & Tomatoes to the K-6 students. Also, Monique gave a lesson on Italian cuisine and the health benefits of tomatoes!

Discovery Kitchen: Our Chili Lime Corn menu special, served by Chef John, took CREC students on a flavor trip to the south in February! Students learned how to make the recipe as well as fun facts about corn from Monique.

Monique promoted Roasted Green Beans & Tomatoes in January.



Grades 7-12 tried Sweet & Sour Chicken with Bok Choy in December.



Governors School Breakfast Challenge

In January, February, & March, we took on the Governors School Breakfast Challenge to incorporate more local & nutrient-dense foods into the meal program. Not only did we increase our weekly hot item & decrease our weekly high sugar item offerings at SEC, but we also served locally-sourced apples on the serving line every week! Plus, students loved our random ticket breakfast promotions!



West High School Vote Day

WHS students used their voices on November 5th, 2024 to tell us which 100% fruit juice slushy flavor is their favorite! Out of 4 different flavors, 54% of students voted for watermelon & 25% voted for mango. We then served these flavors in the following weeks!

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Nutrition Corner: MACRONUTRIENTS

100% of U.S. counties have food insecurity, which can lead to **malnutrition**. Over time, this can result in muscle wasting & a weakened immune system. One major cause of malnutrition is a deficiency in **macronutrients**.

What are the macronutrients?
Protein, fat, and carbohydrates

Proteins build cells & tissues. Fats store energy for later use. Carbohydrates, specifically glucose, are the preferred energy source for your body.

Macronutrient Eating Tips:

- Try to eat at least 1 food from each of the 5 food groups daily
- At snack time, pair a carb with a protein or fat
- Refuel your body every 3-5 hrs
- Practice mindful eating

Pocono Mountain offers foods containing each of the 3 macronutrients at every school meal to optimize student health.



PA Harvest of the Month Coloring Contest

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

Each month, students have been learning about nutrient-dense foods while exercising their coloring skills. With the end of the school year just around the corner, there's only a little bit more time to enter. Our last coloring contest will take place in May 2025!

The Nov-Feb coloring pages featured squash, cabbage, potatoes, and mushrooms to fit the monthly PA HOM theme.

Check out the winners from November and January below!

Monique poses with Tobyhanna Elementary Center's November 2024 contest winner, Elijah Lacayo.



Swiftwater Elementary Center's January 2025 contest winner, Emilia Florio, smiles next to her coloring page.

Pocono Mountain Hosts Regional Odyssey

One of our biggest catering events of the year, the "Odyssey of the Mind" regional tournament, took place in February at West High School. Chartwells associates came together from all over the district to serve breakfast, lunch, and snacks to the community! In total, we facilitated 1,768 transactions and fed even more people!

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