

Pocono Mountain School District Food & Nutrition News

September 2023



Chartwells Welcomes You

Welcome back! We are excited to share our September promotions with you! Read on to learn more.



Fall Roasted Ratatouille, made with local ingredients, were served in the cafeterias last month.



Farm to School: In September, our elementary and intermediate schools enjoyed Fall Roasted Ratatouille made from Pocono Organics produce. Look out for the “Farm to School” icon on our Nutrislice menus!

Chef Appreciation Week: We expressed gratitude for Chartwells chefs from September 10th to the 16th! A sign featuring our very own Chef John was displayed in the cafeterias every day that week.

Coloring Contest: We received a grant from PA Harvest of the Month to run a monthly coloring contest for K-3 students during the 2023-2024 school year! Students will receive a produce-themed coloring page that they can color and turn in for the chance to win a prize!

STUDENT CHOICE
FOOD YOUR WAY



Chef John and Resident Dietitian Monique Mazaika offered samples of chocolate hummus & strawberries for Open House in August 2023.



Nutrition Corner: CROSS CONTACT

Every day, students with allergies trust us to serve them **safe meals**, something we can only do by preventing cross contact. 1 in 13 children have a food allergy, and that statistic is growing!

What is cross contact?

The mixing of proteins (allergens) from one food to another

What does cross contact look like?

- Making a regular & GF sandwich on one cutting board
- Not washing your hands between tasks

Tips to Prevent Cross Contact:

- Prepare the allergen-free food first
- Wash & sanitize equipment
- If you make a mistake, start over with all new ingredients

Remember: Cooking food that has been in contact with a protein (allergen) does **not** kill the protein.

chartwells
serving up happy & healthy



PA Harvest of the Month Coloring Contest

Earlier this year, we were awarded \$1,046 in grant funds from PA HOM to teach K-3 students about fruits and veggies.

Each month, from September 2023 to February 2024, K-3 students at 3 of our district schools will have the opportunity to enter a coloring contest for the chance to win a prize!

Coloring pages will be printed and distributed to eligible students at the beginning of the month and are due to the students' teachers by 20th the of that same month. Submissions will be judged on proper color and creativity.

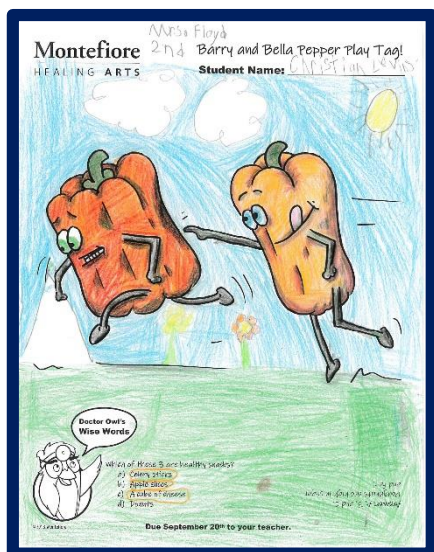
The coloring page will feature the fruit or veggie of that month and a short educational snippet about nutrition. In September, the coloring page featured bell peppers to fit the "Peppers" theme.

One winner will be chosen at each participating school. Check out the winning coloring pages from September 2023 below!

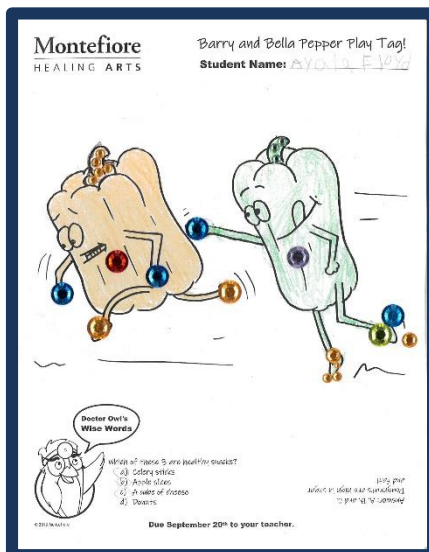
DID YOU KNOW?

All Chartwells staff are required to take **FARE-Check Allergy Training** annually?

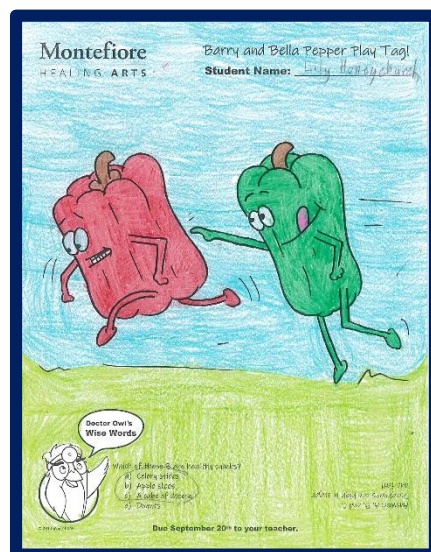
This training covers Celiac's Disease, gluten intolerance, diabetes, inborn errors of metabolism, and the top 8 allergens.



Christian Levis' coloring page won Swiftwater Elementary Center's September 2023 coloring contest.



Ayala Floyd's coloring page won Clear Run Elementary Center's September 2023 coloring contest.



Lily Honeychurch's coloring page won Tobyhanna Elementary Center's September 2023 coloring contest.