

Costello Cardinal Newsletter



Costello Elementary School
1333 Hamman Drive
Troy, MI 48085
(248) 823-3700 (Main Line)
(248) 823-3701 (Attendance)
(248) 823-3713 (Fax)
[http://costello.troy.k12.mi.us/pages/
Costello_Elementary_School](http://costello.troy.k12.mi.us/pages/Costello_Elementary_School)

Accredited by the North Central Association of Colleges and Schools

Dr. Tammy DiPonio, Principal

Grayson McKinney & Dr. Karen Reese, Co-Head Teachers
Jennifer Martus, Principal's Secretary ~ Jillian Cavellier, Office Support

http://costello.troy.k12.mi.us/pages/Costello_Elementary_School

September 2019

Important Dates:

- Sept. 9:** 5th Grade Parents Info Night 7:00 PM
Athens Auditorium
- Sept. 12:** Curriculum Night~Grades 1-5 only
- Sept. 11:** 5th Grade Field Trip, Cranbrook
- Sept. 20:** Athens Homecoming Parade
- Sept. 23:** PTO Meeting ~ 7:00 PM All Welcome
- Sept. 25:** Early Release—Costello
Student Dismissal 1:09 PM
- Sept. 25:** Early Release - Students dismissed 12:59
- Oct. 18:** Costello Fun Run (details to come)
- Oct. 30:** Early Release - Students dismissed 12:59
- Nov. 7:** Costello International Night

Staff Update

Stefanie Wonsowicz (formally Fragomeni) - Kg
Kelsey Kavulich - 1st
Ewa Dabrowski - 3rd
Colleen Chick - 3rd
Laura Ferriss - 4th
Emily Allen - Gym
Jamie Van Houzen - Gym
Brian Hughes/Jodi Steimel - Spanish
Katie Kerch - Teacher Consultant
Lydia De Leeuw – Strings
Mike Lafnear - Tech Support

Costello Restaurant Day/Night – Sept. 25th
SAVE THE DATE – Night Out
No cooking! Eat out! And, support Costello!

On Wednesday, September 25th from 1:00 MOD Pizza
(located in Troy, off Big Beaver) will be supporting Costello
by donating 15% of every Costello family and friends food
bill. A flyer will be distributed a few days in advance. You
must present the flyer for Costello to get the donation.

*Our Mission: Costello Elementary is a place
where thinking is valued, visible
and actively promoted.*

Costello **“Half-day”** Dismissal: 12:59 PM

Costello **“Early Release”** Dismissal: 1:09 PM

In addition to “half-day” schedules, this year, the Troy
School District will be implementing an “Early Release”
schedule, designated for teacher professional develop-
ment. Dismissal will be at 1:09 for Early
Release days at Costello and at 12:59 for
“half-days”.



Advance Notice is Appreciated!!!!

If you know in advance, please let the office know. If your child is going to be absent, late, needs to leave early or is going home with a friend. E-mail the teacher and the office 24 hours in advance.



jmartus@troy.k12mi.us

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Lost & Found

LABEL EVERYTHING!!!

Be sure to put your child's full name and phone number on EVERYTHING! Please look for lost articles on the table outside of the office and/or on the wall hooks across from the cafeteria. Smaller items will be placed in the school office in the "lost & found" box.

Volunteer Background Approval Forms

Volunteers are needed and greatly appreciated! We encourage anyone that may consider volunteering at any point throughout the school year, to complete a volunteer background check (the form is attached to this newsletter). All volunteers are required to have an approved Volunteer Background form on file before they can volunteer. A new form is required at the beginning of every school year.

Thank you!

**"How wonderful it is
that nobody need wait
a single moment before starting
to improve the world."**

-- Anne Frank

REMEMBER . . .

- ◆Label Everything: Lunch Box, Lunch Money (include student's full name & teacher's name), Gym Shoes, Jackets, etc.
- ◆Email is the BEST way to communicate. Teachers read their email at the end of every school day (4:30). If you can't send an email a day in advance, send a paper note to school in the morning with your student.
- ◆If your students are late (arrive after 9:09) a parent MUST accompany the student into the office (Tardy bell rings at 9:09 AM).

If Your Child is Absent or Going to be Tardy or Absent??

Please leave a message on the ABSENCE LINE at (248) 823-3701 if your child will not be in school for any reason, or if he/she will be late. The absence line is available between 4:00 p.m. and 9:30 a.m. for your convenience. When calling, please leave the child's name, (spell the last name) teacher's name, day/date, and a brief explanation for the absence.

Thank You!

Advance Notice ~ Always Helpful & Appreciated!!!!

If you know in advance that your student is going to be tardy, leave early, riding home with a friend, absent or going on vacation, please send an e-message to your student's teacher (at least 24 hours in advance) the day before. Include the school office (Mrs. Martus and Mrs. Cavellier) in your e-message.

If you are not able to send an email 24-hours in advance, please call the attendance line (248/823.3701) for absences or tardies the morning of (before 9:30 AM) and send a note the morning of regarding end-of-school transportation changes.

<u>Last Name</u>	First Name	Position	Voicemail 248-823 + #	Rm Phone 248-823 + #	Room	E-Mail + @troy.k12.mi.us
Maliepaard	Lindsey	2nd Grade Teacher	3706	3706	6	lmaliepaard
Bosio	Elizabeth	1st Grade Teacher	3726	3726	1	ebosio
Callas	Sharon	Kindergarten Teacher	3703	3703	K-A	scallas
Chick	Colleen	3rd Grade Teacher	3729	3729	11	cchick
Cavellier	Jillian	Office Support	3741	3741	Office	jcavellier
Dabrowski	Ewa	3rd Grade Teacher	3723	3723	9	edabrowski
Dagenais	Julie	1st Grade Teacher	3707	3707	2	jdagenais
Erff	Jennifer	ASD Teacher	3746	3746	CE-4	jerff
Eldridge	Julie	5th Grade Teacher	3704	3704	15	jeldridge
Ferriss	Laura	4th Grade Teacher	3722	3722	14	lferriss
Hanson	Karey	Psychologist	3732	3732	Office	khanson
Homrich	Emily	2nd Grade Teacher	3718	3718	5	ehomrich
Kavulich	Kelsey	1st Grade Teacher	3727	3727	3	kkaulich
Marcaccio	Kristen	Kindergarten Teacher	3719	3719	K-B	kmarcaccio
Martus	Jennifer	Head Secretary	3705	3705	Office	jmartus
McKee	Allison	Social Worker	3733	3733	Conf. B	amckee
McKinney	Grayson	5th Grade Teacher	3714	3714	16	gmckinney
Mishreky	Mervat	CARE Supervisor	3709	3709	77	jmishark
Oliver	Amanda	4th Grade Teacher	3702	3702	12	aoliver
Reese	Karen	Reading Specialist	3708	3708	21	kreese
Rozmanik	Cathy	Resource Room Teacher	3715	3715	33	crozmanik
Rondot	Zach	4th Grade Teacher	3716	3716	13	zrondot
Tessoff	Michelle	3rd Grade Teacher	3739	3739	10	mtessoff
Wonsowicz	Stefanie	Kindergarten Teacher	3717	3717	7	swonsowicz

Welcome !

As a parent or guardian of a Costello student, you are automatically a PTO member! As a member, you are welcome to participate in any (or all!) of the many wonderful PTO events that take place throughout the school year. Children love it when their parents are involved at their school. While volunteering, parents enjoy the opportunity to meet other parents and share similar trials and tribulations of raising kids. Please feel free to contact any of this year's PTO officers to inquire about how you can get involved.

2019/2020 PTO Officers

<i>Position</i>	<i>Name</i>	<i>Email Address</i>	<i>Phone</i>
President	Deb Ballios	president@costellopto.org	
Vice President	Jen Ford	jhutch44@hotmail.com	248-670-9008
Secretary	Laura Saleski	secretary@costellopto.org	248-496-3884
Treasurer	Chris Tallman	treasurer@costellopto.org	
Principal	Tammy DiPonio	tdiponio@troy.k12.mi.us	248-823-3700
Teacher Rep	Julie Eldridge	jeldridge@troy.k12.mi.us	248-823-3700
Room Parent Chair	Katie Monhaut	roomchair@costellopto.org monhaut@msn.com	248-7605820
Spirit Wear	Allison Allen	spiritwear@costellopto.org amallen8224@gmail.com	248-670-4849
Ways & Means Chair	Erin Roenicke	waysandmeanschair@costellopto.org	
Fair Chair	Lauren Henderson	fairchair@costellopto.org	248-933-6828
Auction Chair	Kristin Cermak	auctionchair@costellopto.org	
Fun Run	Paul Tennies	tenniesp@gmail.com	Please e-mail
Publicity Chair	Kristin Cermak	publicitychair@gmail.com	248-269-8238
Community Ser- vice Chair	Angela Gnyp- Whitmore	communityservice- chair@costellopto.org	248-528-0885
Michigan Green Schools Chair	Amy Miller	amyrosso@yahoo.com	586/945-4255
Website Coordi- nator & Publicity Chair	Raquel Schriber	rmcauchi@hotmail.com	248-817-5033





2019/2020 PTO Calendar		
September	PTO Mtg.—Sept. 23	7:00 PM
October	PTO Mtg.—Oct. 14 Fun Run—Oct. 18	7:00 PM Times TBD
November	PTO Mtg.—Nov. 11	7:00 PM
December	NO PTO Mtg.	No Meeting
January	PTO Mtg.—Jan. 13	7:00 PM
February	PTO Mtg.—Feb. 10	7:00 PM
March	NO PTO Mtg. Costello Auction—March 6 Costello Fair—Saturday, March (14 or 21?)	NO Mtg. 7:00 PM 10:00 AM
April	PTO Mtg.—April 13	7:00 PM
May	PTO Mtg.—May 11	7:00 PM
June	PTO Mtg.—June 8	7:00 PM

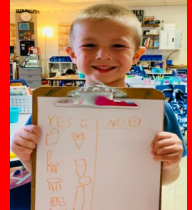
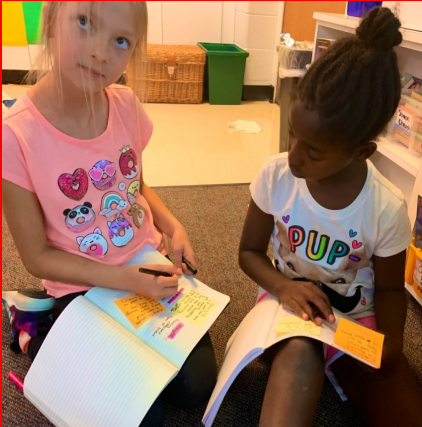
Costello NEEDS Noon Aides

Parents to help @ lunch time

Meet other moms. Get to know your kids' classmates and make a little money. Costello needs Noon Aides. Noon aides work from 11:50 – 1:35 (1.75 hours per day) for two or three days a week. You will help the students be safe while they are outside on the playground during lunch recess and provide supervision while they eat in the cafeteria.

Save the Date for Fall Conferences

FALL CONFERENCES: Will take place on Wednesday and Thursday, October 23rd and 24th. A link to sign-up will be sent to all parents in October. Please make sure that your e-mail address is current in PowerSchools.



Student Meds

Parents with children who wish to have meds kept at school **must** provide required medical forms which can be found on the TSD (Troy School District) website www.troy.k12.mi.us Click on "Parents", then "Medical Forms" on the left-hand side in the yellow column. Paper copies are also available in the school office.

Parents (**not the student**) need to bring medicine to the school office along with the two required forms. All medicine must be contained in the original packaging and have the student's name visible on the packaging.





Grade	Recess	Lunch
4th	11:55-12:15	12:15-12:35
2nd	12:05-12:25	12:25-12:45
5th	12:15-12:35	12:35-12:55
1st	12:25-12:45	12:45-1:05
3rd	12:55-1:15	12:35-12:55
K	1:05-1:25	12:45 - 1:05

Lunch and Milk Prices for 2019-2020

Please be advised the lunch, milk, water and juice prices are below:

Lunch (includes milk) \$2.40

Milk (as drink only) \$.35

Dasani Water or Juice (as drink choice) \$.50

Point of Sale Lunch

Parents need to prepay for your child's lunch. By prepaying, you will assure that money is always in your child's lunch account on any day he/she chooses to buy lunch. Checks should be made payable to "Troy Food Services" and sent with your student or brought to school **in an envelope marked with your child's and their teacher's name and the words, "Lunch Money."** If you are sending one check for multiple children, please indicate how the money should be divided. This will ensure each child gets the appropriate credit. There is no set amount to pay, however, many parents find \$40-50 is a good starting point. You will receive notification when your child's account gets low.

Free & Reduced Lunch

School lunches for students are available for free, or at a reduced price for families that qualify based on family size and income. Forms are available in the school office. This can be a big savings to you whether your child buys lunch once a week, or more often. Once the form is completed, we forward it to the Troy Food Service department where it takes approximately 2 weeks to process. If you would like us to send a form home please email the office at:
jcavellier@troy.k12.mi.us

My School Bucks

"My School Bucks" is another way that parents can put money onto their students lunch account.

1. Go to myschoolbucks.com. 2. Create your account. 3. Pay with your credit/debit card or electronic check.

Parents who use My School Bucks can:

- ☐ View account balances and meal purchases.
- ☐ Schedule automatic payments.
- ☐ Make payments anytime, anywhere from using their mobile app.



Welcome ALL New Students to Costello ~ Please Be Sure To ...

To be in compliance with state requirements, the following documents **must be** submitted to the Costello office for all new students. Email jcavellier@troy.k12.mi with questions.

- ☐ Three proofs of residency
- ☐ Copy of (original) Birth Certificate
- ☐ Immunization Records
- ☐ Student Technology Acceptable Use Form

Thank you for your cooperation!



Kroger Rewards – Time to Enroll or Re-Enroll

ATTENTION All Kroger Shoppers. It does not cost you anything to participate, it is FREE and easy. This is not a gift card or credit card program. All we ask of you is, if you shop at Kroger and use or are willing to use a Kroger Plus card to please enroll your Kroger Plus card number (which you can choose—most use their personal phone number) on-line at KrogerCommunityRewards.com and search for Costello Elementary.

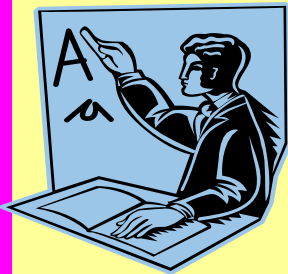
Kroger does not use or sell your email address to anyone else. Every time you shop at Kroger using your Kroger Plus card, a percentage of your spending will be given to Costello. Please feel free to forward this to family members. Thank you for your support !!!

Box Tops for Education

Please save your **Box Tops** from General Mills, Betty Crocker, Pillsbury, Kleenex and Ziploc products. Remember, grandparents and extended family can help collect too.



Your participation and assistance are greatly appreciated! Thanks to the many dedicated parents, Costello receives several hundred dollars each school year from Box Tops. Our annual Michigan vs Michigan State Box Top Challenge is coming up!



Classroom Interruptions

Each day at Costello we strive to provide your children with the best education possible. With this in mind, we try to keep classroom interruptions to a minimum. Please work with your child to get into the habit every evening to prepare for the next day of school.

Make sure homework is done and in his/her backpack, along with lunch money, gym shoes, book orders, an instrument-whatever is necessary to be ready for the next day's activities. Remind your child that *(as we will explain to them at school)* in the event that something needs to be dropped off, **they will need to check at the office.** This helps decrease unnecessary classroom disruptions. Of course there is always room for special circumstances, but together, we can work on minimizing interruptions to classroom learning. As always, your support is appreciated!

Build Student Responsibility

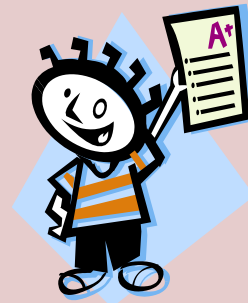
Use a ✓ Checklist

Whether it's remembering to turn in homework or keeping track of backpacks and books, teachers need children to be responsible.

The best way to teach your child responsibility is to give them responsibilities. The new school year is the perfect time to sit down with your child and decide on a few tasks he/she is ready to handle on their own. Then make a checklist of everything you expect them to do. Agree on rewards for a job well done, and consequences for times your child may fall short.

Here is a sample checklist of responsibilities you can consider making part of your child's "Responsibility List":

- Getting up on time
- Fixing breakfast
- Selecting an outfit
- Packing lunch
- Completing homework
- Returning signed forms
- Maintaining grades
- Getting along with siblings
- Keeping room clean
- Completing assigned chores
- Getting to bed on time
- Taking care of personal hygiene
- Feeding/caring for pets



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**SAVE THE DATE –
Night Out – Wed.,
Sept. 25th**

No cooking! Eat out!
And, support Costello!

On Wednesday, September 25th from 1:00 MOD Pizza (located in Troy, off Big Beaver) will be supporting Costello by donating 15% of every Costello family and friends food bill. A flyer will be distributed a few days in advance. You must present the flyer for Costello to get the donation.

Wanna a Sweet Volunteer Gig

in the Office for one or two hours ???

The office is currently in need of lunch-time volunteer support. Volunteers will help administer TLC to students that come into the office during their lunch. Volunteers can sign-up for one or more days a week for a 60 to 90 minute shift.



☺ Please send an e-mail

jcavellier@troy.k12.mi.us

A few friendly reminders about student dismissal at Costello . . .

To safely and efficiently dismiss students is our goal! Please share this important communication to anyone who picks up your child. Obviously with nearly 400 students dismissing daily this is not exactly a speedy process. It only takes a few out of order cars to delay dismissal. It is critical that ALL parents follow these procedures. Dismissal time is a great opportunity to model patience for your children!

Students who do not ride the bus, go to Boys & Girls Club or attend CARE dismiss in two different ways:

WALKERS & TALKERS...

Parking spaces are reserved for parents who are getting out of their vehicles and waiting (outside the school's north doors) for their children in the north parking lot. ALL vehicles need to be parked in a lined/painted spot. Double parking, waiting in your car for your child, parking by the dumpster and fence unless it is a painted spot only creates more chaos, resulting in a slower dismissal. Please monitor children as you cross through the lot, students walking through a crowded lot with moving vehicles puts the student in harm's way.

If you are waiting in your vehicle for your child and you are not in the Express Loop please change your child's dismissal procedure to the Express Loop.

EXPRESS LOOP...

There is only one Express Loop, located directly in front of the school. The side parking lot does not function like the Express Loop. Express Loop users actually get the right-of-way since the child is not yet in the car. Using the Express Loop is much more efficient. If you decide to try this don't forget to communicate with your child's teacher via an e-mail (the night before) or note (the day of).

For your safety, if you are using the Express Loop, please be sure to stay in your car. Students will enter the vehicle from the back seat on the passenger side. Please consider this when securing car seats for younger children.

REMINDERS...

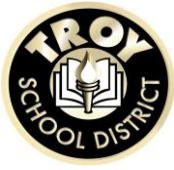
Walkers, for everyone's safety, PLEASE use the crosswalk.

Teachers are busy teaching and do not always check their e-mail until the end of the day. Sending a note into the teacher in the morning is the best way to ensure the teacher receives the message.

Dismissal changes should be made prior to 3:00.

The Troy Police Department partners with our schools to enforce our safety rules. Thank you for cooperation in keeping Costello safe.





TROY SCHOOL DISTRICT VOLUNTEER GUIDELINES AND ICHAT AUTHORIZATION FORM

VOLUNTEER GUIDELINES

The Troy School District values those who volunteer in our classrooms and schools. If a volunteer will be with students for a significant length of time without a TSD employee being present, or will be with students on a regular basis, that volunteer is required to have a Michigan State Police Internet Criminal History Access Tool (I-CHAT) screening annually. All results will remain confidential and will only be used by the TSD administration to determine if you have been convicted of an offense that would otherwise prohibit you from working in our schools.

****PLEASE PRINT CLEARLY AND DO NOT USE NICKNAMES****

YOU MUST ATTACH A COPY OF YOUR DRIVER'S LICENSE WITH THE FORM TO BE PROCESSED.

(Please return this form to your child's school office.)

STUDENT NAME(S): _____

School Building(s) _____ School Year _____

Legal Last Name _____ Legal First Name _____

Previous/Maiden Last Name _____ Phone Number _____

Email Address _____

RACE: Indicate best option. ✓ *Check one*

- | | |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <p><input type="radio"/> White</p> <p><input type="radio"/> Black</p> <p><input type="radio"/> Asian or Pacific Islander</p> | <p><input type="radio"/> American Indian or Alaskan Native</p> <p><input type="radio"/> Unknown/Other</p> |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|

GENDER: Male ☐ Female ☐

BIRTH DATE: _____
MM DD YYYY

Reason for Background Check: ✓ *Check all that apply*

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><input type="radio"/> Classroom Volunteer</p> <p><input type="radio"/> Camp Chaperone</p> <p><input type="radio"/> Volunteer Coach/Assistant Coach</p> <p><input type="radio"/> Clinic</p> <p><input type="radio"/> Other _____</p> | <p><input type="radio"/> Field Trip Chaperone</p> <p><input type="radio"/> Band/Orchestra</p> <p><input type="radio"/> Media Center</p> <p><input type="radio"/> Student Teacher</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

My signature below is representative of my approval for the Troy School District Employee Services Department to conduct a criminal background check against my records using the Michigan State Police ICHAT system.

Applicant Signature _____ Date _____



AUG / SEPT 2019 Lunch Menu Troy Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
No School 26	Half Day 27	28 Classic Cheese Pizza Classic Pepperoni Pizza Turkey Taco Salad Whole Grain Dinner Roll	29 Macaroni & Cheese Savory Green Beans Cheese Stuffed Breadsticks Marinara Sauce	No School 30
2 <i>Happy Labor Day!!</i> 	3 Turkey Taco Meat Mexican Style Refried Beans Soft Flour Tortilla Cheese Stuffed Breadsticks Marinara Sauce	4 Classic Pepperoni Pizza Tater Tots Classic Cheese Pizza Garden Salad with Mozzarella Whole Grain Dinner Roll	5 Turkey Hot Dog Seasoned Fries Cheese Stuffed Breadsticks Marinara Sauce	6 Maple Burst Mini Pancakes Turkey Sausage Patty Muffin & Goldfish Fun Lunch
9 Chicken Nuggets Whole Grain Dinner Roll Turkey Sub	10 Turkey Nachos Mexican Style Refried Beans Cheese Stuffed Breadsticks Marinara Sauce	11 Classic Cheese Pizza Classic Pepperoni Pizza Turkey Taco Salad Whole Grain Dinner Roll	12 Turkey Corn Dog Seasoned Fries Cheese Stuffed Breadsticks Marinara Sauce	13 Turkey, Turkey Ham, & Cheese Sub Pasta with Traditional Tomato Sauce Whole Grain Toasted Garlic Bread
16 Breaded Chicken Drumstick BBQ Baked Beans Seasoned Fries Turkey Ham and Cheese Hoagie	17 Classic American Cheeseburger Classic Hamburger Oven Baked Curly Fries Cheese Stuffed Breadsticks Marinara Sauce	18 Classic Cheese Pizza Classic Pepperoni Pizza Ham & Turkey Chef Salad Whole Grain Dinner Roll	19 Chicken Nuggets Seasoned Zucchini Cheese Stuffed Breadsticks Marinara Sauce	20 Whole Grain French Toast Sticks Hash Brown Patty Muffin & Goldfish Fun Lunch
23 Crispy Whole Muscle Chicken Patty Sandwich Seasoned Corn Turkey Ham and Cheese Hoagie	24 Turkey Nachos Mexican Style Refried Beans Cheese Stuffed Breadsticks Marinara Sauce	25 Early Release	26 Macaroni & Cheese Savory Green Beans Cheese Stuffed Breadsticks Marinara Sauce	27 Whole Grain Waffles Turkey Sausage Patty Muffin & Granola Fun Lunch

*Fresh Garden salad available daily.

Fresh Fruit and Vegetable Bar (Available Daily)

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate. This institution is an equal opportunity provider.

Find menus, nutrition, allergen information and more online or on your phone! Download School Menus by Nutrislice to your smartphone from the App Store or visit: Troy.sd.nutrislice.com

Welcome back to school and back to the café! As you can see, we have a new look and I would like to take this opportunity to welcome Chartwells as our new Food Service partner. There are many new items and several new programs that your children will have access to.

Mr. Michael Williams will be the Director of Food Services, along with Mr. Joey Price as our Certified Chef. Many of our food service staff have remained the same, including Mrs. Stefanie Gervais, our Catering Consultant, and Ms. Nicole Gervais will remain as our Administrative Assistant.

As always, please feel free to contact us at 248-823-5089 with any questions or concerns that you might have regarding our lunch program.

We're truly looking forward to an exciting new school year!

Sincerely,

Gayle Moran, Food Service Liaison

Free and Reduced applications are available in your school office, or TSD website.



FOOD & wellness

Our August Food Focus is Summer Vegetables! Many vegetables such as corn, tomatoes, peppers, squash, cucumbers, sugar snap peas, and green beans grow best in warm temperatures, so we usually enjoy them fresh during the summer. Vegetables that are in season are more affordable and have better flavor!



FEATURED *recipe*

Serves 6

STIR-FRY VEGGIES

Ingredients

1/2 c onions, sliced	1 c colorful veggie mix: green and red
1-1/2 c baby carrots	bell peppers, broccoli and/or snow peas
1/4 c baby corn, canned	1-1/2 canola oil

Blanch baby carrots by boiling or steaming them until al dente and then "shocking" them in ice bath (a bowl of ice water) to stop the cooking process. Slice vegetables as uniform as possible to ensure consistent cooking times. Stovetop: Add oil to skillet or wok. Add vegetables and stir vigorously on high heat for 3-4 min. Oven: Evenly distribute vegetables on a pan sprayed baking sheet. Cook at 350 degrees for about 8- 10 minutes. Veggies should be tender but crisp.



Nutrition per 1/2 cup serving: 70 calories, 4.5 g fat, 50 mg sodium, 0 mg cholesterol, 8 g carbohydrate, Contains less than 1 g protein, 2 g fiber