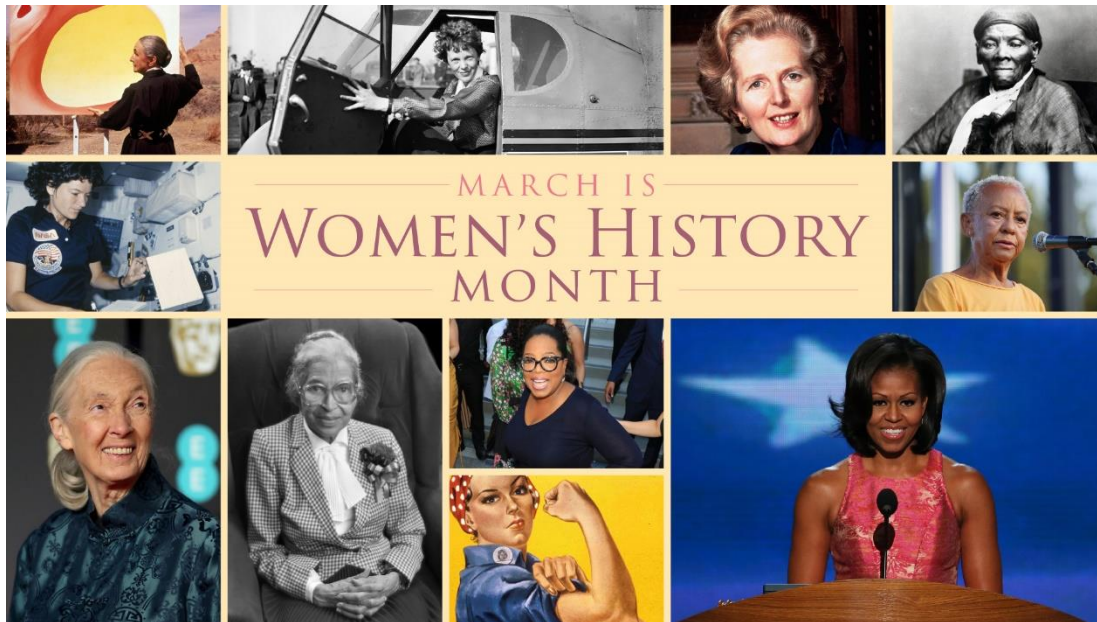


# Tukwila School District March Nutrition Newsletter



## Spring Is in The Air – What's Blooming in the Cafeteria?

Welcome to your monthly newsletter! We are excited to share our story with you! Each month our newsletters cover exciting events that happened in the previous month and what to look forward to this month



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In this issue:

### What's New in your Schools?

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-Women's History Month  
• Famous women to impact  
food in history

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Reasons to Celebrate



## This Month in Discovery Kitchen

In March Plant Power was the months focus for Discovery Kitchen in the cafeteria.. Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items, students got to explore how they and their families can incorporate more of these powerful foods into their regular diet.

At the Secondary Schools, every Friday's Create Station offering was vegetarian. We served: Vegetarian Chicken Nuggets, Chickpea Biryani, Vegetarian Chili and more!



chartwells  
**Discovery**  
KITCHEN







Chartwells' program, Mood Boost, teaches students which foods may help them feel their personal best.

The program introduces characters, "the Moodies", (for elementary) and icons (for middle school) that focus on six moods: Strong, Alert, Happy, Calm, Smart, and Confident. Featuring mood-boosting foods and recipes from our exclusive menu collection, along with fun promotional materials that feature the Moodies and simple and delicious recipes featuring healthy foods.

In March our mood boost focused on a food item that can have a calming affect. Our cafeterias served Asian style carrots mixed with soy sauce and sesame seeds.

### Sesame Seeds

Due to the anxiolytic impact of sesame seed, they can be beneficial in treating anxiety.

They are also good for:

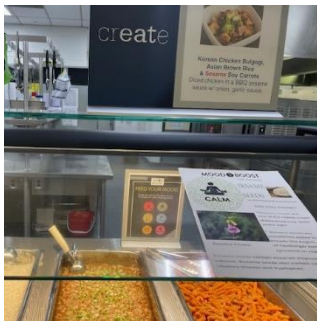
- Reducing blood pressure
- Lowering Cholesterol
- Helping to prevent Diabetes
- Boosting heart health
- Preventing cancer
- Good for digestions
- AND MUCH MORE!

### Fun Fact!

Sesame seeds contain more calcium than a comparable measure of milk...about three times the amount!

### Did you know?

Sesame Seeds are one of the oldest crops known to humankind. Sesame seeds can be dated back over 5500 years ago by archeologists who have found remnants in cuisine from the Indian subcontinent



## February Cheers winner- Connie Leuthy

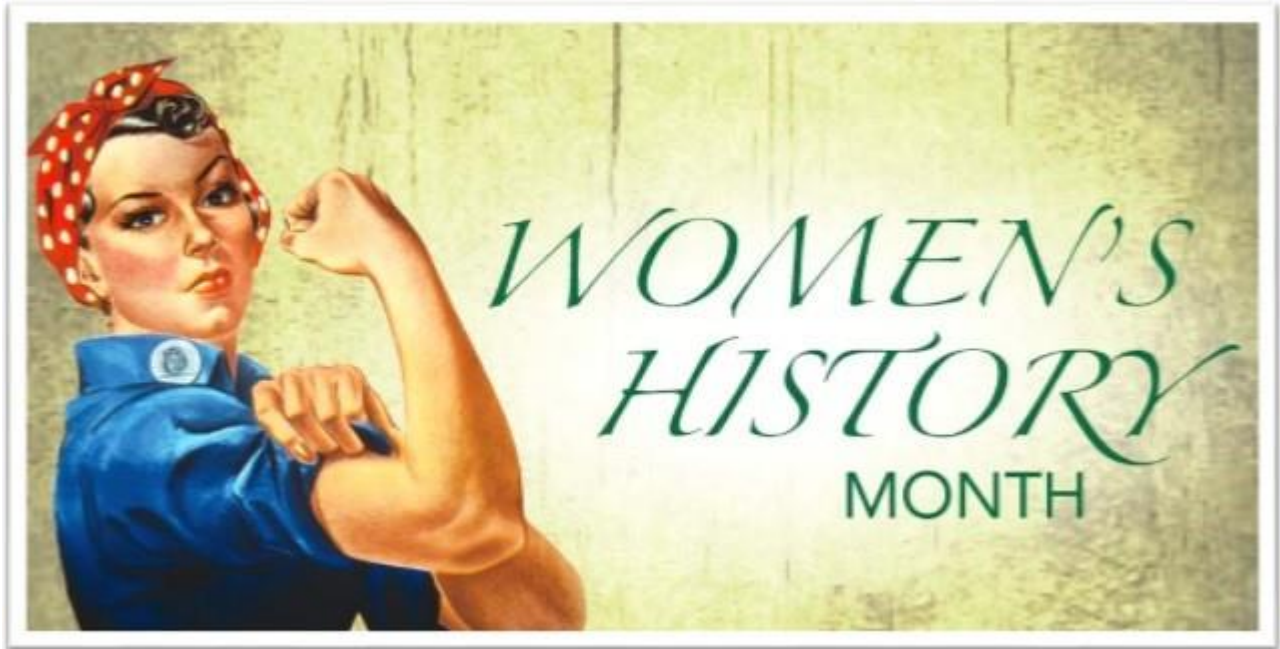
This year we have faced some challenges with staffing, which on some days, could have put us in a position where it would have been difficult to provide students with the service they deserve.

Connie, a substitute for the Nutrition Services Department, has been an enormous help to the success of our kitchens this school year by filling in whenever possible...which has been quite frequent. We are very appreciative to all the help Connie provides us and the positive attitude she brings to the work place.



# A Moment of Reflection

This page created by Alexandra Montgomery- Nutrition Services Administrative Assistant



Women's History Month is a month dedicated to recognizing and celebrating the many overlooked contribution women have made to shape the culture, society, and history of the United States starting back to its inception.

In 1978 in Sonoma, California, hundreds of students at dozens of schools participated in a week long celebration. Students gave presentations based on "Real Women" essays which was followed by a parade held in downtown Santa Rosa. Within a few years the celebration expanded to many more school districts which gained attention from the White House. In 1980, President Jimmy Carter gave official declaration making the week of March 8<sup>th</sup> National Women's History Week. The following year the U.S. Congress was petitioned by the Women's History Project to pass a resolution to expand it into a month long national celebration.

Here are some famous women in the history of food:

- Buwei Yang Chao- Buwei Yang Chao- is notable for what she brought to the American concept of Chinese food. Her book was titled, *How to Cook and Eat in Chinese (1945)*. Chao was also a physician and writer and was the first to practice Western medicine in China.
- Julie Child- Julie Child was a famous chef, author and television icon. Child was known for her bringing French cuisine to the American people with a bubbly personality. Her chef training began at the end of WW2. At the time, most chefs were men, and still are. In 2021, only 22.5% of chefs were women.
- Ruth Fertel- Ruth Fertel is known for founding *Ruth's Chris Steakhouse*. In an effort to make more money to send her sons to college, she found a place called Chiris' Steak House in a New Orleans newspaper in 1965. After learning that the original restaurant opened on her date of birth, she decided it was a sign of good luck and moved forward with the purchase. Today, there are over 80 locations in the US and overseas.
- Edna Lewis- Edna Lewis, a renowned chef, teacher and author from Freetown Virginia. She helped refine America's view of Southern Cooking (Soul Food) using fresh, seasonal ingredients. The rural farming community of her youth which was settled by emancipated slaves relied heavily on local and seasonal ingredients. This foundation helped fuel her life's work, sharing simple delicious recipes, publishing four cookbooks and in the 1940s opening her restaurant, Café Nicholson, in New York City.

- <https://www.history.com/topics/holidays/womens-history-month>

- <https://www.lingaros.com/blog/famous-women-in-food-history/>

- <https://sitkaseafoodmarket.com/blogs/culinary/from-the-test-kitchen/women-in-food-history>

## A Reason to Celebrate!

### April 1: April Fool's Day

We're not foolin' with this year's April Fools' Day cafeteria special!

### April 4: School Librarian Day

Join us in the cafeteria on April 4th as we celebrate School Librarian Day

### April 6: Burrito Day

Everything is better in burrito form, and you don't want to miss our National Burrito Day cafeteria special on April 6!

### April 8: Rare Solar Eclipse

Starting in the Pacific ocean to Mexico, Texas and up through New England into Canada and then into the Atlantic Ocean, Millions of Americans will get the opportunity to see a once in a lifetime event, if the cloud cooperate. So grab your solar glasses to watch as darkness spreads across the land

### April 20: Cheddar Fries Day

Did someone say cheese fries?! Celebrate Cheddar Fries Day on April 20 in the cafeteria

### April 22: Earth Day

Join us in the cafeteria on April 22 as we celebrate Earth Day!

### April 26: Stop Food Waste Day

Take the pledge to #stopfoodwaste! Come to the cafeteria on April 26 to help us celebrate Stop Food Waste Day!



## Be a Waste Not Warrior in the month of April

Did you know that 40% of all food in the U.S. is thrown away---with 75% of food waste ending up in landfills? That is 63 million tones of food. If we put all that waste on one farm, the farm would be three quarters the size of California. According to the EPA, the total amount of municipal solid waste in 2022 was 117 billion tones and are expected to rise by another 3.3%.

Lets be waste not warriors. Here are some ways you can do this:

1. Eat the ugly stuff- Just because a carrot isn't shaped right, or an apple has spots doesn't mean it its not delicious
2. Don't overload your plate- Only take the food ou need and are intending to eat
3. Sharing is caring- If you have leftover food, share with a friend. Others may be less fortunate then you and will appreciate the thought
4. Compost- This is a great way to recycle unwanted foods. Compost enriches the soil with nutrients that can support the growth of new plants

