

Tukwila School District April Nutrition Newsletter



What's Shakin' in Dining?

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



For Questions, please contact:

Trevor Watt
DIRECTOR OF DINING SERVICES
206-901-8011
Watt@Tukwila.wednet.edu

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Aprils Discovery Kitchen- Be a Waste Warrior

Did you know that wasted food is the single largest category of material placed in municipal landfills? Or that 40 percent of our food supply is wasted and that each of us throws away nearly 300 pounds of food each year? During April in the school cafeteria, students will be able to participate in a variety of Discovery Kitchen activities and experiences with our “Be A Waste Warrior” theme. Since April is Earth Month and April 29 is Stop Food Waste Day, we will be featuring foods and programs that highlight the many ways that students and the community can make a difference in reducing food waste, in addition to activities designed to help them consider resources and protecting the environment.

In our school cafeteria, students are able to participate in a variety ways to “Be A Waste Warrior”. Since April is Earth Month and April 29 is Stop Food Waste Day, we will be featuring programs that highlight the many ways that students and the community can make a difference in reducing food waste, in addition to activities designed to help them consider resources and protecting the environment.



chartwells
Discovery
KITCHEN

The Power of Pineapple



The latest Mood Boost focused on the power of pineapple and how it can make the body strong.

Due to the fact that pineapple is rich in manganese, if you add it to your daily diet, it can help you maintain a strong body and keep your bones stronger and healthier.

Fun Facts:

Once a pineapple is picked, it will not continue to ripen.

Pineapple contains an enzyme called bromelain, which is great as a meat tenderizer.

The name Pineapple came from the Spanish word "Pina" which means pinecone

Each plant can take up to 3 years to mature and another year for the fruit to ripen. Each plant can only produce one pineapple at a time



A Reason to Celebrate!

May 5: Cinco De Mayo

In the United States, Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations. Today, revelers mark the occasion with parties, mariachi music, and traditional foods such as tacos and mole poblano.

May 6: School Lunch Hero Day

For many children, the cafeteria is the first place they enter on a school day. From the first time through the cafeteria line, the lunch hero has more than nutrition on their minds. The well-being of every child is important to them. Keeping them safe, happy, and providing them with good and delicious food is also a priority.

May 13: Hummus Day

Everything tastes better with hummus! Celebrate this healthy snack with us!

May 15: Cookie Day

Celebrate everyone's favorite ooey, gooey treat for Chocolate Chip Cookie Day!

May 16: BBQ Day

We're grilling up something tasty! Join us in the cafeteria as we celebrate National Barbeque Day

May 28: International Burger Day

If you hear a sizzle and your mouth begins to water, it just might be National Beef Burger Day! On May 28th and all summer long, there's no better time to enjoy a juicy beef burger. The day is all about kicking off the grilling season and honoring America's favorite grilling protein – beef!



Elisa May 7th
Gloria May 21st

CHEERS

This month's Cheers winner is Victoria O'Neil from Foster High School for the responsibility she takes in her job, the connection she makes with staff and the fun she brings to the kitchen.

Victoria is a fantastic member of the Nutrition Services Staff. Victoria always comes to work with a smile on her face and laughter in her heart.

Victoria takes a lot of pride in the food she makes for the students; she always wants everything to be picture perfect!

Thank you Vicky for all you do and the light you bring to the department.





When we say school nutrition professionals are heroes, we mean it! That's why we celebrate them every spring with the annual School Lunch Hero Day. Join schools across the country that are recognizing the difference these team members make for every child who comes through their cafeteria.

