GROVE CITY EAGLES

School Wellness

HEALTH EDUCATION ▪ PHYSICAL ACTIVITY ▪ PHYSICAL EDUCATION ▪ SCHOOL MEALS



Grove City Area School District Wellness Committee Meeting

April 24, 2024

Jennifer Reiser, RD, LDN

Director of Food Service

Wellness Wednesday

GROVE CITY EAGLES

WELLNESS AGENDA

- Welcome, Introductions & Sign in
- What is your school doing to promote wellness?
- 2024-Triennial District Wellness Assessment
- GCASD School Food & Nutrition Services Update
- Any Goals for our Wellness Committee?

Next Meeting Date: May 22, 2024: 1:30 pm
via Zoom to finalize the Triennial Assessment

Our District Wellness Committee Members:

District Administrator	Jen Connelly, Director of Pupil Services Josh Weaver, Assistant Superintendent
School Board Member	Patti Wilson
Principal	Larry Connelly, Middle School Brendan Smith, High School Jen Nemet, High School Tammi Martin, Hillview Kevin Persh, Hillview
School Nurse	Ann Lanshcak, RN, CSN Sarah Zets, RN, CSN Michelle Dosch, LPN
Physical Education Teacher	William Herman, Michael DeCola, Tom Wise
Family Consumer Science Teacher	Kim Hohman
Food Service Director	Jennifer Reiser, RD, LDN
Community Member	Amy Foley, United Way
Student	Jaz Scott
Parent	Amy Dicus, PTO President
Other	Amber Fitch, School Social Worker



What is your school doing to promote wellness?





11 Ways

TO CREATE HEALTHY SCHOOLS



1. Staff role model healthy behaviors.



2. Families support school wellness goals.



3. Restrict marketing of unhealthy choices.

4. Assure healthy options in vending machines, school stores & à la carte.

5. Reduce or avoid use of food as a reward.





6. Regulate food served at class parties and other school celebrations.

7. Ensure adequate time to eat.



8. Regulate food sold for fundraising at all times (not only during the school day).



9. Provide regular physical activity breaks for students during classroom time (in addition to recess and PE).

10. Stop taking away students' physical activity times as punishment.





11. Provide adequate daily recess time for elementary grades.



2024-Triennial Grove City Area District Wellness Assessment

Every local educational agency (LEA) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must conduct an assessment of their wellness policy every three years, at a minimum.

Public Involvement, Notification, and Assessment						
○	○	**We have LEA official(s)/designee(s) in charge of wellness policy compliance.** Name(s)/Title(s):	○	○	○	
○	○	**We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").**	○	○	○	
○	○	**Triennial assessment results are made available to the public in an easily accessible manner.** Website address and/or description of how to access copy:	○	○	○	
○	○	**At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.**	○	○	○	
○	○	**The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.** Website address for policy and/or description of how to access copy:	○	○	○	
○	○	We retain records as required by federal regulations including: ☐ The written school wellness policy, ☐ Documentation of making the wellness policy publicly available, ☐ Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and ☐ Copy of triennial assessment and documentation of reporting results to public.	○	○	○	
○	○	**The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:** **☐ Administrators ☐ Food service staff ☐ School health professionals** **☐ Parents ☐ School board members ☐ PE teachers ☐ Students** **☐ Public**	○	○	○	

Nutrition Education*

○	○	Nutrition education is provided within PDE's sequential, comprehensive health education standards.	○	○	○
○	○	We teach, model, encourage, and support healthy eating through nutrition education.	○	○	○
○	○	We provide all students with knowledge and skills for healthy lives via nutrition education.	○	○	○
○	○	We offer age-appropriate nutrition education and activities to students in: ☐ Elementary School ☐ Middle School ☐ High School	○	○	○
○	○	Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness.	○	○	○
○	○	School food service and nutrition education classes work together to create a learning laboratory.	○	○	○
○	○	In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).	○	○	○
○	○	We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	○	○	○
○	○	Staff providing nutrition education receive standards-based training and professional development.	○	○	○
○	○	We engage and involve families and the community in nutrition education efforts.	○	○	○
		Other goal (describe):			

Nutrition Promotion*

○	○	We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	○	○
○	○	We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.	○	○
○	○	We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.	○	○
○	○	We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.	○	○
○	○	We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	○	○
○	○	Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.	○	○
○	○	We offer health and nutrition resources to parents to help them provide healthy meals for their children.	○	○
		Other goal (describe):		

Notes on goals for nutrition promotion:

Physical Activity*

○	○	We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.	○	○	○
○	○	We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.	○	○	○
○	○	In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	○	○	○
○	○	We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	○	○	○
○	○	We discourage extended periods of inactivity (two hours or more) for students.	○	○	○
○	○	We provide physical activity breaks in the classroom.	○	○	○
○	○	We offer before and/or after-school programs that include physical activity for participating children.	○	○	○
○	○	We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.	○	○	○
○	○	We do not use physical activity as a punishment (e.g., running laps).	○	○	○
○	○	We do not withhold physical activity as a punishment (e.g., taking away recess).	○	○	○
○	○	We encourage walking and biking to school.	○	○	○
○	○	We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	○	○	○

Physical Education (PE)

○	○	We implement a PE program consistent with state academic standards. All students participate in PE.	○	○	○
○	○	PE instruction promotes skills and knowledge necessary for lifelong physical activity.	○	○	○
○	○	PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	○	○	○
○	○	Our curriculum promotes both team and individual activities.	○	○	○
○	○	We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	○	○	○
○	○	We use a local assessment system to track student progress on state standards.	○	○	○
○	○	Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	○	○	○
○	○	We provide safe and adequate equipment, facilities, and resources for PE class.	○	○	○
○	○	Certified health and PE teachers teach our classes.	○	○	○
○	○	We provide professional development for PE staff.	○	○	○
○	○	PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	○	○	○
○	○	We do not use or withhold physical activity as a form of punishment in PE class.	○	○	○
		Other goal (describe):			

Other School-Based Wellness Activities*

○	○	Free drinking water is available and accessible to students during meal periods and throughout the school day.	○	○	○
○	○	School nutrition staff meet local hiring criteria and in compliance with federal regulations.	○	○	○
○	○	We provide continuing education to school nutrition staff as required by federal regulations.	○	○	○
○	○	We provide adequate space for eating and serving school meals.	○	○	○
○	○	We provide a safe and clean meal environment for students.	○	○	○
○	○	We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	○	○	○
○	○	We implement alternate school breakfast service models to increase participation, such as “grab & go,” breakfast served in the classroom, and breakfast after first period.	○	○	○
○	○	Students have access to hand washing or sanitizing before meals.	○	○	○
○	○	Only authorized staff have access to the food service operation.	○	○	○
○	○	We provide the nutrition content of school meals to the school community.	○	○	○
○	○	We include students/parents in menu selections through taste-testing and surveys.	○	○	○
○	○	We utilize outside funding and programs to enhance school wellness.	○	○	○
○	○	We train all staff on the components of the school wellness policy.	○	○	○
○	○	School based activities are planned with wellness policy goals in mind.	○	○	○
○	○	Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	○	○	○
○	○	We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	○	○	○
○	○	We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	○	○	○
○	○	Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	○	○	○
		Other goal (describe):			

Nutrition Guidelines for All Foods and Beverages at School

○	○	We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	○	○	○
○	○	**Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.**	○	○	○
○	○	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	○	○	○
○	○	**Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.**	○	○	○
○	○	We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.	○	○	○
○	○	**We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.**	○	○	○
○	○	We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	○	○	○
○	○	**Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.**	○	○	○

Notes on nutrition guidelines for foods and beverages at school:

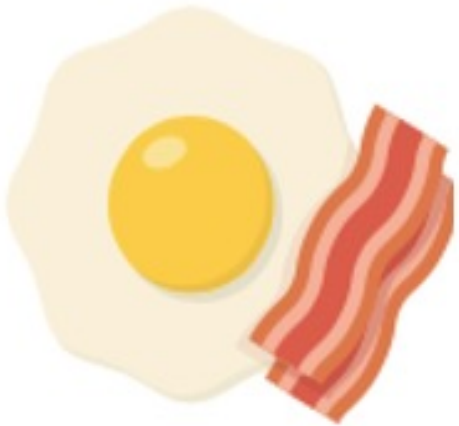


Updates from the Café

NATIONAL SCHOOL LUNCH PROGRAM

SCHOOL MEALS SERVED 2022-2023 School Year





BREAKFASTS

52,683



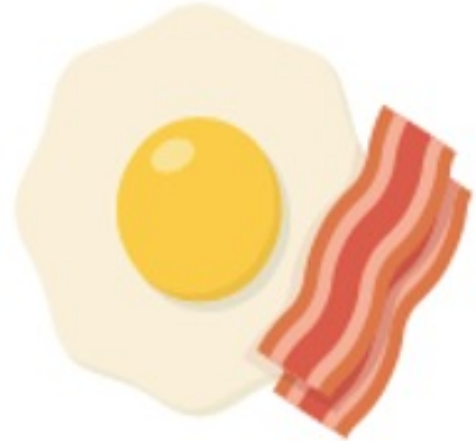
LUNCHES

151,781

SCHOOL MEALS SERVED 2023-24 School Year



Increase of 14,064 more meals



BREAKFASTS

49,989

As of March 28

Increase of 6,961 more meals



LUNCHES

122,367

As of March 28

Summer Food Service Program
USDA & PDE Administrative Review

- **ZERO Findings!**

Grove City Area School District
DBA: GROVE CITY AREA SD
511 HIGHLAND AVENUE
GROVE CITY, PA 16127
County: MERCER

Corrective Action Documents **Review ID: 35173**

Site Findings

Actions	Area	Question	CAD?	Status	Due Date
No Findings.					

SNP Review Commendation

Sponsor Level Commendations

Action	Description
View	Organized records were provided for the Review.

Site Level Commendations (HILLVIEW El Sch)

Action	Description
View	Children are served attractive meals in a friendly environment.

pennsylvania
DEPARTMENT OF EDUCATION



USDA

Our cafe staff received training today to become Servsafe Certified. We collaborated with local area school districts food service to host the meeting. Food Safety is our #1 priority!

Everyone passed the test!!!



ServSafe Manager
Jenn Reiser
Kelly Beach
Lynn Davis-Edwards
Melanie Williams
Andrea Hawke
Andrea Pringle

ServSafe Food Handler
Gayle Cameron
Cathy Gilliland
Jen Wasser
Rachel Blanchard
Lynn Budnik
Maureen Ventura





High School Café Make Over Project

A huge thank you to the welding students and Mr. Jenkins, GJR Welding Instructor for making our cool new cafe line signs. Also a super shout out to our awesome maintenance staff- Andrew and Daniel for hanging our new signs. We love them! #MainEvent #SchoolLunchRocks

BEFORE and AFTER
Grab & Go






GRAB & GO


Crispy Chicken
Cheese Burger
Lucky Charms
Cinnamon Toast Crunch

BEFORE and AFTER
Garden Bar





Fruit & Veggie Express

Before





Up for Grabs

Before



After



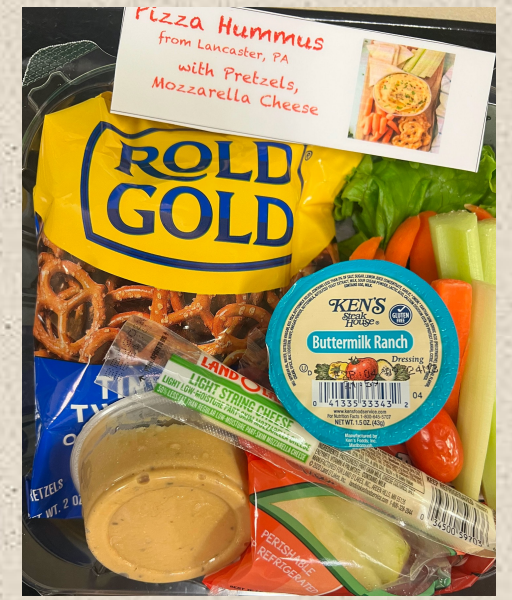
<u>Up for Grabs</u>: New options
Protein Pack- Hardboiled Egg/Cottage Cheese, Hummus & Pretzels or Pita Bread
Deli Sliders, Cheese & Whole Grain Cracker "Munchables", New Wraps



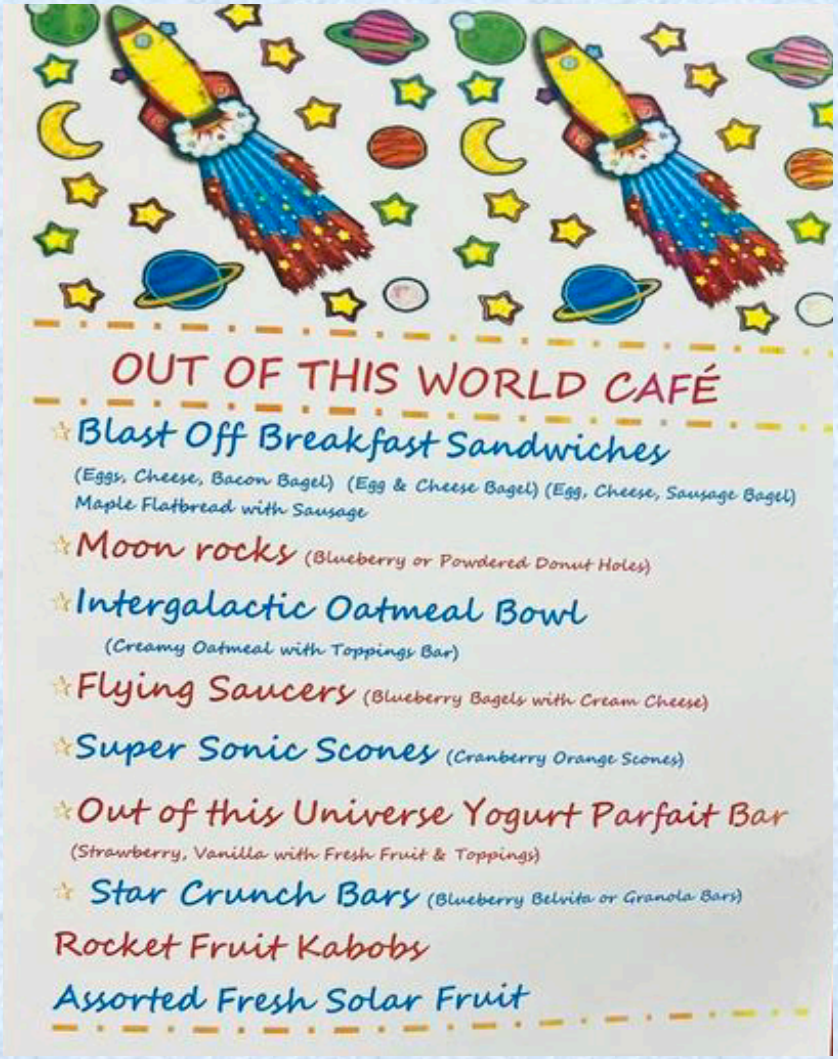






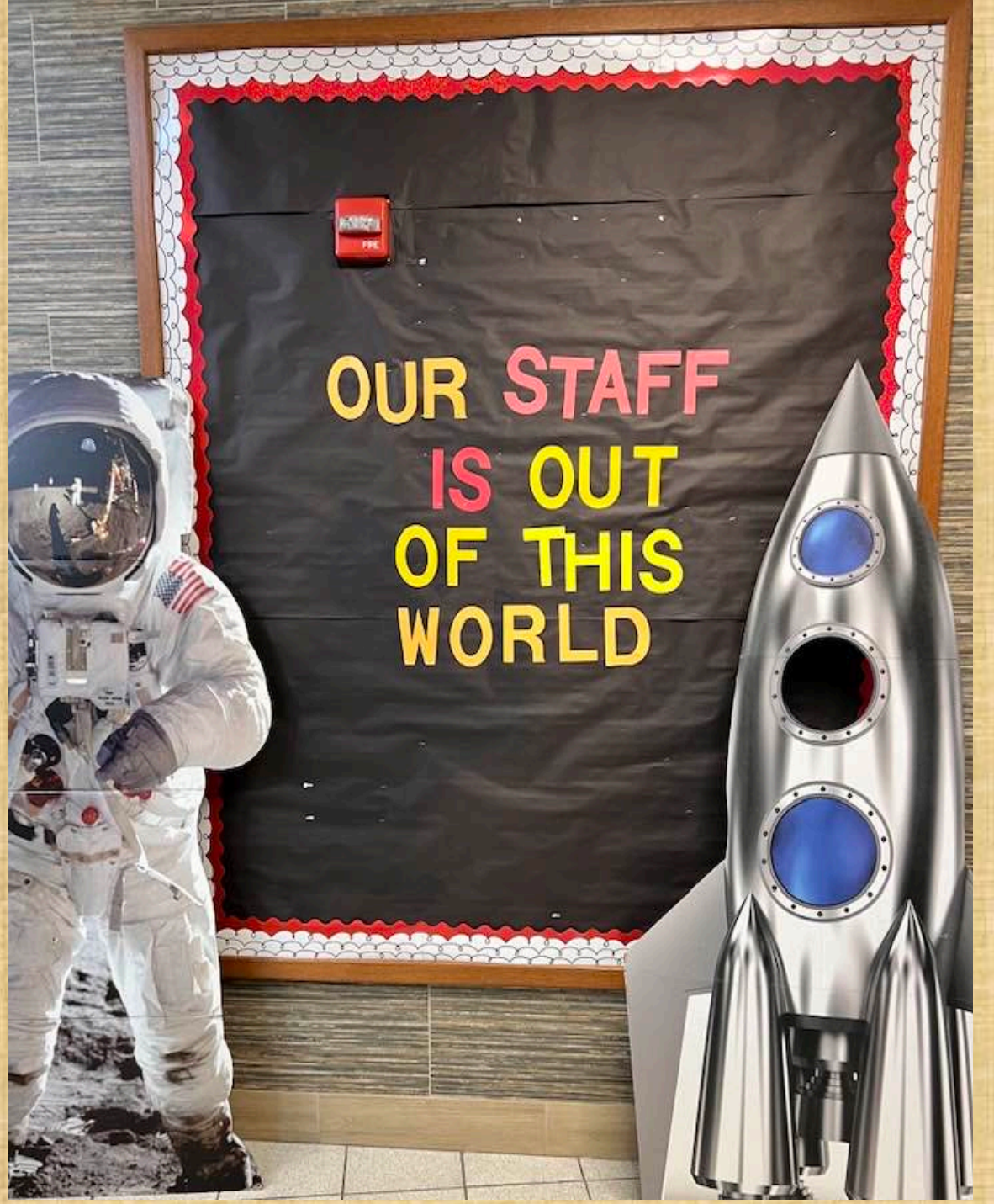


Welcome Back to School Breakfast 2023-24
Out of this World!






OUR
STAFF
IS OUT
OF THIS
WORLD


OUR STAFF
IS OUT
OF THIS
WORLD








BE THANKFUL
BE YOURSELF
BE CURIOUS
BE HONEST

Jaz Scott Senior at GCASD

MERCER COUNTY CAREER CENTER



NEWS
NEWS
NEWS
NEWS
NEWS

BREAKING NEWS

FREE school breakfast is here to stay!

SCHOOL NUTRITION ASSOCIATION of PENNSYLVANIA

School Meals for All

USDA
United States Department of Agriculture

MAKE BREAKFAST FIRST CLASS





Not all children eat breakfast and those who do have improved moods and increased alertness throughout the morning.



Children and adolescents who eat a **protein-rich** breakfast report **lower hunger for up to 4 hours.**

More children participate in school lunch than school breakfast.

In the **National School Lunch Program,**

30 million

children participate across **97,000** schools and institutions



But in the **School Breakfast Program,** only

15 million

children participate across **91,000** schools and institutions



On average, students who participate in the **School Breakfast Program** eat a breakfast of **higher nutritional quality** than students who eat breakfast elsewhere.

More children participate in the **School Breakfast Program** if it is offered in the **classroom.** About **2 in 5 (42%)** students who never participate in the **School Breakfast Program** say they would participate if offered breakfast in the classroom.



Breakfast is free to all students! Try our new item 🍳 🥓 with home fries, 🍔 and fresh 🍌 🍎 🍉



Scrambled Eggs

Bacon, Home Fries & Bagel



More options help increase participation

9 Breakfast Entrees Daily

Fan Favorite
Elementary Breakfast



Fan Favorite
Middle Breakfast



Fan Favorite
High School Breakfast





School Meals for All

SCHOOL NUTRITION ASSOCIATION OF PENNSYLVANIA

PRFSD

Pittsburgh Regional Food Service Directors

No-Cost School Meals is an Investment for Student Health & Academics

School meals are essential for student health and learning. Studies show students who participate in healthy school meal programs have improved attendance, behavior, academic performance, and academic achievement.

School Meals are Healthy

School meals meet strict national nutrition guidelines including parameters for calories, fat and sodium. Studies show program participants are less likely to have nutrient inadequacies and are more likely to consume fruits, vegetables, and milk at breakfast and lunch.

No-Cost Meals Eliminate Stigmas & Barriers

The existing policy for school meals, where some children are expected to pay while others receive their meals for free, creates stigma and shame for those students who rely on school meals for their basic needs, and a barrier for those students who are not eligible but are still experiencing food insecurity

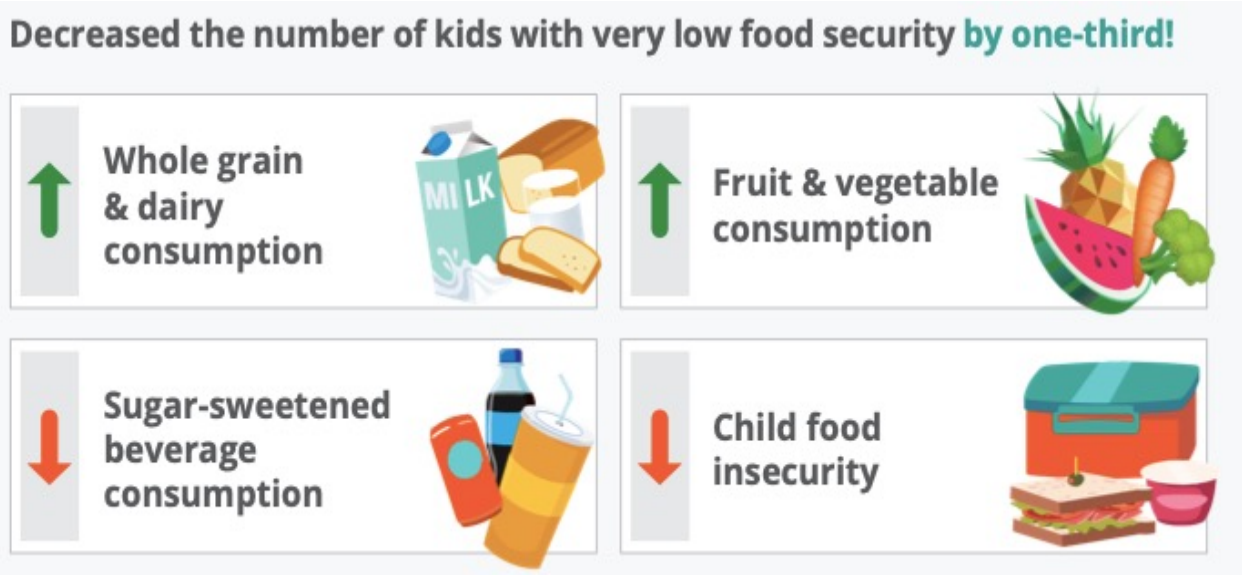
P-EBT | Pandemic Electronic Benefit Transfer PENNSYLVANIA

A new benefit will be available to households of eligible school-age children in Pennsylvania this summer! The Summer Electronic Benefit Transfer (EBT) program, now called SUN Bucks, will provide a monetary benefit to help families purchase nutritious food when school is not in session. SUN Bucks is a new, permanent federal food assistance program, established by Congress in December 2022.

Each household will receive $120 per eligible child.
To be eligible, the student must:

- Be enrolled in a school that participates in the National School Lunch Program (NSLP) **and** be eligible for free or reduced meals via Direct Certification, categorical eligibility, or an income eligibility application during the 2023-2024 School Year;

SUN BUCKS





USDA Proposed Meal Pattern Changes



The USDA plans to update school nutrition standards to align with the latest nutrition science and student preferences. This guide simplifies the proposed changes and compares them to current meal patterns. Final changes will be announced in the fall of 2023. See what's likely to change and get expert tips to prepare for implementation in 2025.

Preparation Window

Fall 2023

USDA to Announce Meal Pattern Changes

Fall 2025

Begin Implementation of New Requirements

	CURRENT	PROPOSED
ADDED SUGARS	None	Limits on specific products
MILK	Flavored milk ok 2nd option for all grades	Only unflavored milk for K-8 / or maintain current
GRAINS	Whole-grain rich for min. 80% of weekly grains. Remaining must be enriched	All grains must be whole-grain rich, except enriched grains offered 1x/week / or maintain current
SODIUM	Meet Target 1 for breakfast & lunch; Meet Target 1A for lunch only by SY 23/24	BKFST: Two 10% reductions—SY 25/26 & 27/28 LUNCH: Three 10% reductions—SY 25/26, 27/28 & 29/30
NUTS & SEEDS	Allowed as meat alternate, credited at 50%	Allowed as meat alternate, credited at 100%
BKFST: FRUITS > VEGGIES	Okay to substitute any veggie for fruit at breakfast, provided other requirements are met	Allows hummus to be exempt from total fat standard
SMART SNACKS	Total fat content cannot exceed 35% and saturated fat must be < 10% of total calories	If substituting veggie for fruit more than 1x/week are required to vary veggie subgroups throughout the week
BUY AMERICAN	Must purchase domestic to max extent practical, with 2 limited exceptions	Sets 5% limit on non-domestic food purchases when using exception; added documentation; over 51% must be domestically grown

Key Considerations When Implementing Changes

Comparison Chart of the 2023 Proposed and 2024 Final Rule Requirements for School Meal Programs

https://www.fns.usda.gov/cn/school-nutrition-standards-updates/rule-comparison-chart

- Added Sugars
- Flavored Milk
- Whole Grains
- Sodium
- Meats/Meats Alternates at Breakfast
- Substituting Vegetables for Fruits at Breakfast
- Substituting Vegetables for Grains
- Traditional Indigenous Foods
- Afterschool Snacks
- Beans, Peas, and Lentils at Lunch
- Nuts and Seeds

- Competitive Foods: Bean Dip Exemption
- Professional Standards: Hiring Exception
- Meal Modifications
- Fluid Milk Substitutes Nutrient Requirements
- Geographic Preference
- Buy American
- Clarification on Potable Water Requirements
- Synthetic Trans Fat
- Miscellaneous Changes: Terminology Changes

One example to the Final Rule:

Flavored Milk

Legend: ✓ = proposal was finalized ; ✗ = proposal was not finalized; → = revisions made to the proposal

Proposed Rule	Final Rule
Proposed two options: **Alternative A**: Allow only unflavored, fat-free and low-fat milk for grades K-8 and allow flavored and unflavored, fat-free and low-fat milk for grades 9-12 with a proposed implementation date of July 1, 2025. **Alternative B**: Continue to allow flavored and unflavored, fat-free and low-fat milks for all grades (K-12). *Both proposals included the new product-based added sugars limit for flavored milk and would maintain the requirement that unflavored milk is offered at each school meal service.*	✗ Does not finalize Alternative A. ✓ **Finalizes Alternative B and maintains the current requirement to allow flavored and unflavored, fat-free and low-fat milk for all grades.** This fluid milk standard applies to NSLP, SBP, and Smart Snacks in School, as well as SMP for children 6 and up.

Daily Alternatives: More options, Increase participation

High School Lunch Menu

GROVE CITY EAGLES

DAILY LUNCH ALTERNATIVE OPTIONS

GRAB AND GO

All Star Cheeseburger

*Spicy Chicken Sandwich



Crispy Chicken Sandwich

Grilled Chicken Sandwich

PIZZA EXPRESS

Pepperoni Pizza

*Specialty Pizza
Daily Feature:
Bacon, Veggie,
Mac n Cheese,
BBQ Chicken,
Buffalo Chicken
Meat Lovers
Breakfast

Cheese Pizza

UP FOR GRABS

Smuckers PBJ

Featured Deli
May include:
Turkey, Ham,
Grilled Chicken,
Black Bean Wrap
Chicken Salad
Chicken Bacon Ranch

*Cajun Chicken Wrap

Garden Fresh Salad Bar
w/Cheese,
Croutons
&
Goldfish
Crackers

Yogurt Parfait
Yogurt,
Berries,
Granola
Graham crackers

SOUP OF THE DAY

ALL SOUP INCLUDES CRACKERS, CHOICE OF FRUITS, VEGETABLES & MILK

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Noodle	Cheesy Potato	Chicken Tortilla or Southwest Chili	Italian Wedding	Broccoli Cheese

11-13 Entrees Daily

Middle School Lunch Menu

GROVE CITY EAGLES

DAILY GRAB AND GO

All Star Cheeseburger

*Spicy Chicken Sandwich



Crispy Chicken Sandwich

Grilled Chicken Sandwich

PIZZA EXPRESS

Pepperoni Pizza

*Specialty Pizza
Buffalo Chicken

Cheese Pizza

UP FOR GRABS

Smuckers PBJ

Garden Fresh Salad
w/Cheese,
Croutons
&
Goldfish
Crackers

Yogurt Parfait
Vanilla yogurt,
Seasonal
Fruit,
Granola

Chicken Salad
w/Cheese,
Croutons
&
Goldfish
Crackers

Yogurt Dipper
Yogurt
String Cheese
with Granola
&
Graham Snack

SOUP OF THE DAY

ALL SOUP INCLUDES: CRACKERS, CHOICE OF FRUITS, CHOICE OF VEGETABLES & MILK

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Noodle	Cheesy Potato	Chicken Tortilla or Southwest Chili	Italian Wedding	Broccoli Cheese

8-10 Entrees Daily

Hillview Lunch Menu

GROVE CITY EAGLES

ELEMENTARY DAILY LUNCH MENU OPTIONS

EAGLE MUNCHABLES

Smuckers PBJ
String Cheese Stick
& Graham Snack

Crispy Chicken Sandwich

Crispy Chicken Salad

Pizza Dipper

Yogurt Dipper

SOUP OF THE DAY

ALL SOUP INCLUDES CRACKERS
CHOICE OF FRUITS, VEGETABLES & MILK

Chicken Noodle or Rice	Cheesy Potato	Southwest Chili or Chicken Tortilla	Italian Wedding	Broccoli Cheese

8 Entrees Daily



Popcorn Chicken

Warm Buttery Biscuit
Whipped Mashed Potatoes with Gravy





Do you like Chick-fil-A? If so, then you have to try our new Chick'n Dippin' Sauce!

Fan Favorite New Menu option
MS & High School Menu








Kisses
Valentine
Wishes






FEBRUARY 29
Leap Day Lasagna
Warm Garlic Breadstick
Tasty Tree Tops
Assorted
Fruits & Veggies
Leaping Pudding Treat
LEAP DAY


FEBRUARY
29
HAPPY LEAPIDAY
Leap Day Lasagna
with Garlic Breadstick
Zesty Broccoli
Choice of Fruit & Veggies
Choice of Milk
Leapin' Pudding Treat
Your Meal Includes:
Meat or Meat Alternative
Grains
Choice of 2 Vegetables
Choice of 2 Fruits
Choice of Milk
MyPlate
• You must choose 3 of the 5 food groups for a balanced meal and to receive the meal price.
• Don't forget your fruits and veggies!


Pink Glow Pineapple
FAT FREE CHOCOLATE MILK
Baby CARROTS









GOOD THINGS COME IN SMALL PACKAGES

These teeny tiny strawberries may be small but, their sweetness reigns supreme. Radiantly red, these beauties are effortlessly enjoyed on their own or as a sweet addition to your breakfast or baked goods.

RETAILER BENEFITS

- Visually stunning berries stand out on shelf and captivate consumers
- Greenhouse grown for consistent quality and flavor

CONSUMER BENEFITS

- Exceptionally sweet bite-sized berries
- Perfect addition to brighten up your breakfast, snack, or favorite dessert
- Non-GMO

GCASD Food and Nutrition Services @GCASDNUTRITION · Feb 29

This week we featured Pineberries! Texture of a strawberry, but slight flavor of pineapple! 🍍 🍓



Check out our latest featured fruit: Pink Glow Pineapple!
#TheJeweloftheJungle Sweet and juicy 🍍





Lemon Drop Plum

Native to South America
Resemble lemons with shape and color. They are not sour. very sweet. Great for healthy skin and boosting your immunity.









SOLAR ECLIPSE PARTY







Local Foods: Farm to School Initiatives



First Delivery:
Empire and Golden Delicious









Pennsylvania Farm to Child Nutrition Summit | Home

Join us on June 18th, 2024 for the Pennsylvania Farm to Child Nutrition Summit. This event is coordinated by the Pennsylvania Department of Education, Division of Food and Nutrition and Penn State University (Project PA) with the support of the Pennsylvania Farm to School Network. Funding is provided by a USDA Farm to School Formula grant. The summit will be held at **Chatham University's Eden Hall Campus** in Gibsonia, PA. Breakfast and lunch will be provided. Registration is free and on a first-come, first-served basis. The registration deadline is June 3rd, 2024 or until capacity is reached, whichever comes first.

Target audiences:

- Child Nutrition Program (CNP) operators
- K–12 and early childhood education educators
- Producers
- Distributors
- Other farm to school/early childhood education stakeholder groups

The purpose of the summit is to facilitate peer–to–peer learning and networking among CNP operators, establish connections between CNP operators and producers, showcase farm to child
nutrition "best practices," and deliver educational opportunities regarding the environmental, economic, nutritional, and equitable value of growing foods.

The summit will include breakout sessions, educational displays, and networking opportunities. Session topics will address local food procurement for CNPs, student engagement in farm to school, agriculture education, funding farm to child nutrition initiatives, implementation of Pennsylvania Harvest of the Month, school gardens/gardening in early care and education settings, and more.

Project PA
Sound Nutrition Education

Continuing Education Credits:

- Professional Development credits for school food service personnel
- Act 48 credits for educators
- PQAS credits for early care and education attendees

Pre-Summit Tour Opportunities (registration-free; space is limited)

On Monday, June 17th, two pre-summit tour opportunities will be available. Both are free for summit registrants. Registrants are responsible for their own transportation. After registering for the summit, you will have the option to register for one of the pre-summit tours if space is still available.

Pre-Summit Tour #1: Community Agricultural Partnership at Summit

June 17th, 1pm – 3pm
351 Brinker Road, Butler, PA

In 2021, the Butler Area School District tasked each of its seven elementary schools with developing a unique focus around which to center educational activities. Summit Elementary School, located in a rural area surrounded by 16 acres of land, rebranded itself as CAPS - the Community Agricultural Partnership at Summit - with a focus on agriculture and conservation. CAPS is now home to a 40' x 50' outdoor classroom workspace, a greenhouse, raised beds, an apple orchard, a Christmas tree farm, berry patches, a pumpkin patch, an herb garden, a sunflower field, a pollinator garden, a rain garden, and a large tilled crop area. Indoors, CAPS has multiple hydroponic and aquaponic grow areas, "trout in the classroom" tanks, and rabbits and chickens in the classrooms. All of these resources are utilized through an agricultural overlay curriculum that teachers continue to develop for use throughout the district.

In 2023, the National Agriculture in the Classroom Organization selected CAPS as the recipient of its Partnership in Agricultural Literacy Award. Join this pre-summit event to learn how this award-winning partnership got started, tour the extensive agriculture spaces that CAPS has to offer, and interact with teachers and administrators from CAPS who are involved in creating these unique opportunities for their students.

SCHOOL LUNCH HERO DAY



School Lunch Hero Day is celebrated on the first Friday in May every year. This year it will be on **May 3, 2024**.

Ideas to help celebrate our school lunch nutrition professionals:

- Hang signs around the school celebrating the school nutrition staff.
- Ask teachers to have their classes make cards for the foodservice staff.
- Surprise your teams by decorating the cafeterias.
- Prepare them a special luncheon!

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Wellness Wednesday

2024-Triennial District Wellness Assessment DUE

- Take time to review the assessment I emailed to you and send me feedback so we can get it completed.
- Next Meeting Date: **May 22, 2024:** via Zoom to finalize the Triennial Assessment
- TIME: what works best for you?


WORK HARD
PLAY NICE
SAY THANKS
EAT your VEGGIES