

Shannon's SUSTAINABILITY SCOOP

October 2024



Happy October!

Some fun things to celebrate this month:



National Apple Month!



Oct. 4: National Taco Day!

National Pumpkin Month!



Oct. 12: National Farmers Day!



First Monday: World Habitat Day!



Oct. 16: World Food Day!

Second Week: National School Lunch Week!

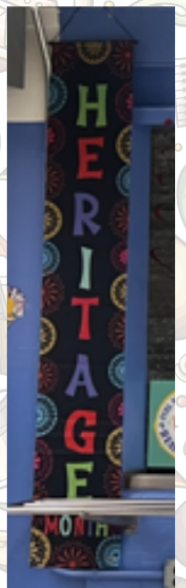


Oct. 22: World Planting Day



Hispanic Heritage Month

Each year, Hispanic Heritage Month is celebrated from September 15th thru October 15th. This month long celebration highlights the history, cultures, foods, and traditions of American citizens who had ancestors from Spain, Mexico, the Caribbean, and Central and South America. Some people may celebrate by attending festivals, concerts, or exhibits honoring the influence of the Hispanic Heritage, but you can celebrate right at home as well! Eating a culturally significant food, playing traditional music, or reading stories by Hispanic Americans are all ways to celebrate this month!





SUSTAINABILITY SPROUTS



A sustainability and composting club started at Princeton High School!



Sara Shahab Diaz and Alexandra Sandt, two seniors at Princeton High School, have dedicated themselves for the past year and a half to increase sustainability efforts in the Princeton community.

In that time, they have worked with Princeton High School to implement a composting program. During the 2023-2024 school year, Sara helped teach middle school students at the Princeton Middle School about the importance of composting as a part of the eSTEAM Saturday Scholars Food & Sustainability section. She also helped to encourage students to create their own sustainability projects to submit to the Mercer County Science & Engineering Fair at the end of the program. Sara also applied for and received a \$350 grant from the U.S. Department of State to purchase an electric food composter in order to continue the composting program. Over the summer, Alexandra conducted biology experiments, where she tested different ratios of soil to compost, growing tomato plants to determine the most optimal conditions. They have also volunteered at Sustainable Princeton to increase awareness of sustainability efforts, attended Expos where they have shared their composting project, and created their own website on which they shared updates about their progress.



With Ms. Shannon Barlow, the Food Systems Literacy Coordinator, as their advisor, and Mr. Ross Wishnick, the founder of Send Hunger Packing Princeton, Sara and Alexandra will be expanding their efforts by growing an edible compost garden at the YWCA, where Princeton residents and restaurants will have the opportunity to dispose of their compost there and contribute to the garden. As a part of the eSTEAM Saturday Scholars program hosted at the Princeton Public Library, they hope to work together with Princeton middle school students at the compost garden to help promote greater awareness about food composting among Princeton youth. During the month of October, the two PHS students have plans to present their food composting progress at the Rutgers PHS event. They are also starting the Sustainable Sprouts composting club at PHS to engage more high school students in composting and promote further sustainability involvement in the Princeton community.



SUSTAINABILITY SPROUTS

A sustainability and composting club started at Princeton High School!

Why join?!

In this club you will:

- learn more about sustainability
- work with other students in NJ
- get experience working with PMS students
- plant an edible compost garden
- conduct experiments at the YWCA
- increase awareness about composting in NJ



Meeting Info

Meetings for Sustainable sprouts will take place every Friday during the PHS break in room 287 (Ms. Hurtado's room).

Some additional outreach events may be planned for other Princeton organizations throughout the year!



Questions?!

Student Club Leaders:

Sara Shahab Diaz and Alexandra Sandt,

Club Advisor:

Shannon Barlow

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COMMUNITY HIGHLIGHTS

GSOYP TASTINGS

October we will be bringing back the very popular Garden State on Your Plate tastings! The tasting dates for the elementary schools and middle school are listed below.

October 15th: Princeton Middle School
October 16th: Riverside School
October 17th: Community Park School
October 22nd: Littlebrook School
October 24th: Johnson Park School

ATTENTION PMS!

Ms. Gries, Garden Educator at PMS will be at the school every Monday! Join her in the garden during recess to harvest and work in the garden!

GARDEN STATE ON YOUR PLATE

CARROTS

October's Garden State on Your Plate produce of the month item is carrots! These delicious veggies can be enjoyed raw or cooked and are an ingredient in SO many delicious recipes.



Did you know?!

- Carrots are great for our health! They contain Vitamin A, Vitamin C, fiber & potassium.
- Carrots are great for supporting our immune health and vision.
- We are used to seeing long carrots, but they can also be fat, skinny, or round!
- Carrots can be purple, yellow, red, white, or orange!

PPS Partnership Highlight



Send Hunger Packing Princeton (SHUPPrinceton) seeks to reduce food insecurity in our community, by providing supplemental food so that all of our children can thrive in their classrooms and beyond.

Contact Me!

Please allow 48 hours for a response!



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