

Shannon's SUSTAINABILITY SCOOP



September 2024

Get to know me!

Hi, I'm Shannon!

I am the Food Systems Literacy Coordinator for the Princeton Public School District. Read on to find out more about me & my position!



About Me!

I am a recent graduate of Rutgers University where I received my Masters Degree in Public Health Nutrition



Neala



Moose

I have two wonderful puppies, Neala, a 6 year old beagle & Moose, a 7 month old basset hound.

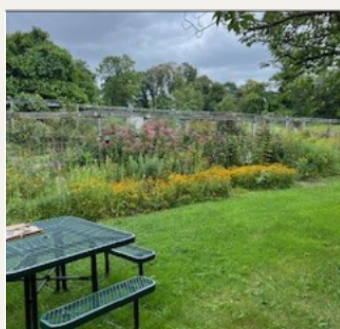
I live on a small homestead where I raise chickens, maintain a large vegetable & herb garden, have fruit trees & bushes, and grow many plants for medicinal & crafting purposes!

WELCOME TO A NEW SCHOOL YEAR!

2024-2025 VISION

To shape and develop a group of young stewards in the Princeton Public School community that respect, care for, appreciate, understand, and (most importantly!) enjoy the food on their plate, where it comes from, and the labor that went into producing it.

To engage the entire Princeton Public School community in the cross-subject, multi-disciplinary concept that is food systems.



2024-2025 GOALS

- Work closely with the new food service team, Pomptonian, in ensuring the school meals align with our food systems vision.
- Continue to showcase Garden State on Your Plate vegetables for the entire PPS community each month.
- Focus on reducing food waste among all of the schools through composting efforts.

COMMUNITY HIGHLIGHTS

PMS Teaching Kitchen

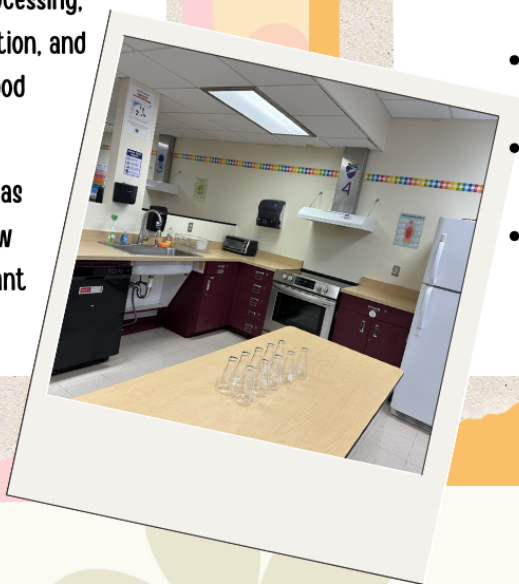
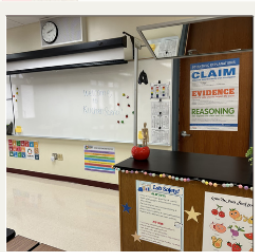


The PPS community is very excited to welcome Emma Brennan this year! She will be teaching Kitchen Science to all of the middle schoolers (that's right, every single student!!)



The Kitchen Science class will focus on exploring food as a material in the world food science. Some topics include food processing, sustainable practices, sensory evaluation, and the biology and chemistry of food composition.

Our lab consists of the kitchen as well as the garden in order to understand how concepts within the sciences are relevant to both.



PPS Partnership Highlight



The Princeton School Gardens Cooperative is a 501(c)3 that fosters equitable garden- and food-based education in the classroom, cafeteria and community.

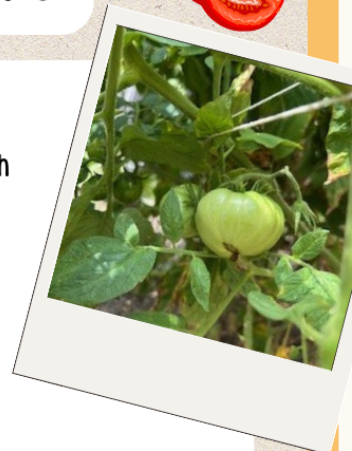
GARDEN STATE ON YOUR PLATE



TOMATO

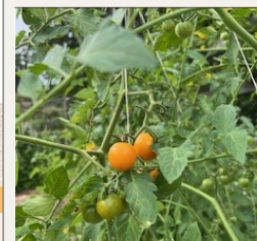


Septembers' Garden State on Your Plate produce of the month is the famously popular Jersey Tomato!!



Did You Know?!

- There are more than 10,000 tomato varieties!!
- Tomatoes can be red, orange, yellow, purple, green, black, and white.
- Tomatoes are a good source of Vitamin C and Vitamin A!
- The State vegetable of New Jersey is a tomato!



Contact Me!

Please allow 48 hours for a response!



shannonbarlow@princetonk12.org