

# CHILD NUTRITION NEWSLETTER

## Tour de YES: Blender Bikes

Biking is a great way to get from point A to B - however it is also a great initiative to promote fitness, well-being and healthy habits. This year we had the pleasure of hosting two events at YES prep Home office and YES Prep Thrive to introduce our five new blender bikes. This new initiative of pedaling away to blender a smoothie was such a great success, that it is now on tour to other schools to engage students and staff in turning exercise into a delicious reward.



**Stay tuned for the 2026 Blender Bikes Tour**



**Before**

**After**

### Hydroponic Garden

This fall, YES Prep introduced its very own hydroponic garden - a new modern technological advancement that is soil-free! This innovative system encourages sustainability and eco-friendly food production methods to growing fresh produce. The images on the left display a three month difference of growth at Southeast Elementary. While this initiative is just beginning we can't wait to show the end of the year results.

### Child Nutrition Holiday Event

On December 12<sup>th</sup>, the Child Nutrition team hosted a celebratory holiday event to honor everyone's hard work and dedication to the team! Thank you for all your commitment and passion to helping each and every student succeed.



### National School Lunch Week

Each year, the School Nutrition Association selects a theme to encourage meal participation across different educational activities. This October we celebrated **Taste the World: Your School Lunch Passport**, encouraging students to explore unique flavors across different cultures and embracing a celebration through nutritious meals. Some of the staples included Nashville Hot Chicken Sandwiches, Philly Cheesesteak and a Kansas City Pulled Pork Sandwich.

