



This month, Chartwells celebrated its “Bring on Breakfast” Discovery Kitchen theme across Newton middle schools, highlighting the importance of starting the day with a nutritious meal.

Throughout March, students at Brown, Oak Hill, FA Day, and Bigelow Middle Schools participated in special lunchtime tasting events featuring Berry Lemon Overnight Oats; a refreshing and wholesome breakfast option.

This delicious recipe included a base of oats, vanilla yogurt and milk, and was topped with fresh strawberries, blueberries, and a hint of lemon zest. At the schools, students even had the opportunity to get involved in the demonstration, helping to zest lemons and engage with the preparation process. The response was overwhelmingly positive, with students enjoying the bright flavors, refreshing taste, and satisfying texture of this nutritious dish.

To extend the experience beyond the cafeteria, all students were offered recipe cards so they can easily recreate this simple and healthy breakfast at home.

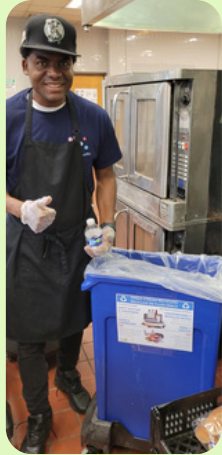


New Waste Diversion Efforts Across NPS Kitchens




Andy Gluck (retired NPS Green Team Member), Allison Kelley (Newton's Sustainable Materials Management Division), and Nicole Brooks (Chartwells Assistant Director of Dining Services) have been visiting kitchens across Newton Public Schools to ensure the new waste diversion efforts are running smoothly. Working alongside school custodial teams and food service staff, they are conducting check-ins, offering support, and addressing any questions related to recycling and food scrap collection.


Together, they have focused on strengthening recycling practices by training staff on what materials belong in kitchen recycling bins and providing bins and signage to improve efficiency. Staff have also been trained to separate food scraps (such as leftovers, expired items, and inedible food parts) from regular trash. These scraps are sent to an anaerobic digester, where they are converted into renewable energy. This process captures methane gas and uses it as fuel, helping to reduce greenhouse gas emissions.




MOOD BOOST at Peirce Elementary School

Mood Boost is a 6-week program which helps students learn about healthy eating habits and their positive effects on mood and energy. Each week, a 'Moody' monster is introduced to teach the benefits of different nutritious foods, paired with fun lessons and activities. Here's a recap of our March highlights:

 **Happy Monster and Marinated Cucumber Tomato Salad:** Students met the Happy monster and enjoyed samples of this salad during lunch. They listened to a story about how Happy, a cheerful singing monster, regained her joyful spirit by swapping daily French fries for colorful fruits and vegetables.

 **Alert Monster and Brussels Sprouts:** Students had the chance to sample roasted brussels sprouts while learning from the Alert monster. They were also taught cool fun facts about Brussels sprouts!

 **Strong Monster and Blueberry Salsa:** In the third week, students sampled blueberry salsa; the Strong monster's favorite snack. Students learned how blueberries, rich in antioxidants help the body stay strong. Students also listened to a story emphasizing the importance of eating healthy before and after physical activities to boost performance.

