



JANUARY 2017

Upcoming Tastings

February
Herbs & Spices

March
Cruciferous
Broccoli, Cauliflower, & More

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January Food Focus
Dark Leafy Greens

Students enjoyed our Tasting table featuring
Spinach Pasta Salad



Staff

AHS	Sherryl Pucillo
BMS	Melissa Dean
OMS	Karen Knapik
District Chef	Shari Mayes



eat.

Dark leafy greens.

They're chock full of vitamins and minerals that have been shown to improve our health and protect us from many illnesses and diseases.

In particular, dark leafy greens are an excellent source of vitamin K, which helps stop cuts and scrapes from bleeding too much and helps build strong bones.

It is recommended that kids eat 1 to 2 cups of dark leafy greens per week. The dark leafy green food group includes lettuce, kale, chard, bokchoy, broccoli, spinach, turnip greens, watercress, collard greens. Be sure to eat a variety to get the most nutrition!

learn.

"Lettuce" is synonymous with "salad" for people all over the world.

There's a wonderful diversity of varieties, each with its own distinct flavor, texture and color. Sow seeds of this cool weather crop as soon as the ground can be worked in the spring, and follow with small sowings at 10- to 14-day intervals until late spring in warm summer areas or early summer in the North.

live.

Family meal time:

Family meal time doesn't always have to rely on just one person to plan and make the meals. Involve everyone! Involve the kids in the food shopping, menu planning, and the preparation of the meal. When kids are more involved in the kitchen, they'll be more likely to eat and enjoy their dinner.

Start a family "meal ideas" jar or board at home –where family members write down their meal ideas. Before going grocery shopping for the following week, pick a few meal ideas to feature the next week. Going to the store with a good list makes shopping less stressful and ensures you come home with exactly what you need.