

APRIL 2023

MONTHLY UPDATE

amazing things ARE HAPPENING

at Voorhees Township Public Schools



Turkey Garden Salad

This month we featured Homemade Chicken Cacciatore over Cavatelli Pasta. We oven roasted diced tomatoes with garlic and olive oil, then roasted peppers and onions. We then tossed this together with chicken fajita strips, marinara sauce and Italian seasoning and continued to roast in oven until all the flavors married together. All of the components of the Cacciatore were commodities. This dish was so aromatic and delicious! We catered a breakfast for the Administration building for Bring Your Child to Work Day. We set up a Waffle Bar Station for the children. You can see by the pictures the children had so much fun creating their own waffle masterpieces!



Chicken Cacciatore



Cacciatore Platter



Ham & Macaroni Casserole



Bring your Child to Work Day



Waffle Bar Creation



Fresh Berries

Celebrate Earth Month All Year

April is Earth Month, a time to show appreciation and support for the environment. Celebrating Earth Month provides an important reminder that a healthy planet depends on the actions we take every day, so protecting and celebrating the Earth doesn't need to be limited to just one month. Here are some ways you can be kind to the planet year-round:

- When possible, **reduce your plastic usage** by buying in bulk, using reusable water bottles and containers, and purchasing products that are not packaged in plastic.
- **Make plants the center of your plate** to help reduce your carbon footprint. Compared to animal-based foods, the production of plant-based foods requires less natural resources such as water and land, and also produces fewer harmful greenhouse gasses. Eating a plant-based diet doesn't mean you need to go vegan—a simple shift towards eating more plants and less animal product makes a big difference.
- Approximately 40% of food in the United States is wasted, which is not just a waste of nutrition but also of the resources used to grow, harvest and process it. In addition, food waste in landfills contributes to harmful greenhouse gas production. You can **reduce food waste** by using what you have before buying new, planning your meals in advance, freezing leftovers to enjoy at a later time, and storing food appropriately to avoid spoilage. If you can't use it, try composting organic food waste to help put the nutrients back into the earth.



Food Allergy Awareness Week May 14—20

Did you know that 1 in 10 adults and 1 in 13 children live with a food allergy? In many cases, a food allergy can be life threatening, and the only treatment is strict avoidance of the food. This Food Allergy Awareness Week, be a Food Allergy Ally by taking steps to better support those with food allergies:

- If you know someone living with food allergies, ask questions to learn how you can better support and advocate for them.
- Learn the signs of an allergic reaction, which include wheezing or coughing, itchiness or swelling around the face or in the mouth or throat, hives, vomiting, and difficulty breathing. Any of these symptoms are signs of a medical emergency.
- Learn what to do if you witness someone having an allergic reaction. Knowing how to administer an EpiPen and calling 911 could save someone's life.



At Nutri-Serve, we take food allergies very seriously and are happy to work with families, the school nurse, and other school staff to support students with food allergies. Once a student's food allergies have been medically verified through the school nurse, the Nutri-Serve team works with the family/student to determine safe food choices and establish a food allergy action plan for that student, ensuring that they have access to healthy and safe meals during their time at school.

QUESTIONS OR COMMENTS? Contact us!

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