



*April 2019*



Check out our Menus &  
Nutrition Info @  
<http://awrsd.nutrislice.com/>  
and access the Parent section for  
the link to Menu Info.

Visit Chartwells Online @  
<http://eatlearnlive.com/>  
Click on our website and learn  
more about Chartwells K-12.

*Coming in  
May!*



This month  
we're celebrating  
**kale**  
in your café!

## *Free and Reduced Price Meal Applications*

**CHECK LUNCH OFF  
YOUR LIST**

✓ Fast & Secure    ✓ Cost Saving    ✓ Great Food!

Food Service Questions or  
Comments?  
Contact Dennis Mueller @  
978-827-5907 ext. 2167 or  
[dmueller@awrsd.org](mailto:dmueller@awrsd.org)



eat.

## April - Yogurt Event

On Tuesday, April 30, 2019, Chartwells visited Westminster Elementary School during 3<sup>rd</sup> and 4<sup>th</sup> grade lunch to provide samples of a "Healthy Dirt Cup" in honor of Earth month and our April Food Focus: Yogurt! Students enjoyed low-fat vanilla yogurt mixed with cocoa powder topped with Oreo crumbs and a gummy worm!



learn.



## April is Earth Month!

Earth Day was April 22, 2019! In honor of Earth Month, help save water! Did you know wasting a pound of beef is equivalent to running the shower for 370 minutes? The longer meat is left out in room temperature, the quicker it will spoil. Always shop for meat, poultry and seafood last and go directly home to put it away.

**Use that ugly produce!**



**Store it properly.**



**Compost what you can't use.**



live.

## Stop Food Waste

It is estimated that about 40% of our total food supply is thrown away, or 63 million tons of food. Much of it is from our homes but we also want to reduce and recover the food at school and at work. Once thrown away, most food ends up in a landfill, where it emits 124 million tons of greenhouse gases per year. The more waste we put in landfills, the more harm there is to our planet. Learn how to reduce food waste by using produce, storing it properly and composting what you can't use! Challenge your school to take a pledge to reduce food waste, and post the pledges in a prominent area of the school or on social media with #stopfoodwaste



LOVE  
FOOD  
NOT  
WASTE

# Healthy Dirt Cups!



### Healthy Dirt Cup Ingredients:

- \*1 cup low-fat vanilla yogurt
- \*Cocoa Baking Powder (stir in until brown)
- \*1 teaspoon crushed Oreos
- \*Top with 1 gummy worm!

Mix & Enjoy!

## YOGURT FUN FACTS!

Yogurt dates back to around 5000 BC, where it originally came from goat or sheep milk. During ancient times, yogurt was termed the "food of the gods."



An average American eats 13 pounds of yogurt each year!



Yogurt has "good" bacteria called probiotics that help keep our digestive and immune systems healthy.