

October Newsletter

Lynn Public Schools' Monthly Newsletter

The First Month is Done... Let's Recap!

It has been great to have the students fill the cafeteria once again! Our foodservice team has been in the cafeterias surveying students, taste testing recipes, and providing nutrition education. We will surely be in all schools throughout the district this year, so keep an eye out for promotions, events, and opportunities to have a voice in school meals.

Students at Aborn Elementary were brave and tried something new, our tomato and cucumber salsa sample. This featured our Harvest of the Month vegetable, tomatoes!



Food can play a big role in how you feel and your emotions. Each food plays a different role in your body to keep you feeling **confident, alert, smart, calm, strong, and happy!**

It is so important to try new fruits and vegetables to be sure that we are getting the vitamins and minerals that are unique to each!



MOOD BOOST

Use this QR code to watch video lessons and learn more:



MASSACHUSETTS FARM TO SCHOOL HARVEST OF THE MONTH IN THE CLASSROOM

HISTORY

Tomatoes are a member of the family Solanaceae, along with eggplants, peppers and potatoes. They are native to Central America and Mexico. Their dissemination throughout the globe was sparked by the Spanish's colonization of the Americas.

FUN FACTS

- In Massachusetts, over 500 farms produce 6.5 million pounds of tomatoes every year.
- Tomatoes are classified as a fruit because they develop from a flower and have seeds.
- Tomatoes are in the nightshade family, along with eggplants, peppers, and potatoes.
- There are over 25,000 varieties of tomatoes, from tiny currant tomatoes to giant beefsteak tomatoes.



TOMATOES



Reasons to Celebrate in October!

4th- National Taco Day

Check out your menu for some lunch time tacos! What's your favorite way to celebrate Taco Tuesday?

7th- World Smile Day

Find a way to make yourself and your peers smile on this fantastic Friday.

All Month- National Farm to School Month

Check out the next page to see how what's going on in the community to bring farm fresh foods to your schools!

10th-14th National School Lunch Week

This week is dedicated to school provided lunches, and we are celebrating accordingly. Check out the next page to get excited!



Students were given stickers and handouts as a reminder of how important it is to try new foods and learn about them too!

SCAN ME



Menus & Communication

If you haven't already be sure to check out our **Nutrislice webpage** that holds all the schools' menus including nutrition information.

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Fall Into These October Events



October is Seed to Table month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

In October, food service staff will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed, to table.



Check out the Farmer's Market at Central Square that happens **every Thursday** from 11:00 am-3:00 pm. This is a great way to access fresh fruits and vegetables that are grown locally here in Lynn. The address is 1 Exchange St, Lynn, MA 01901.



National School Lunch Week



October 10th-14th is National School Lunch Week. In the year of 2019 there were over 4.9 billion lunches served to communities across the U.S! We are celebrating with some retro themed promotions and decorations in all Elementary schools across Lynn!



EVERYTHING tastes fresher when it's right from the farm or garden!



SCAN ME

Use this QR code to access tons of educational videos on the farming of a variety of produce!