Visit Chartwells Online @ http://EatLearnLive.com/

Click on our website and learn more about Chartwells K-12

Do you want to learn more about Compass? www.worldofcompass.com/video

Please visit our main website www.cgnad.com/

If you would like to contact us directly with questions or comments our email address is: andresantelli@westonk12-ct.org

Please call us at: (203) 291-1438

Visit the school district’s website to view our menus, the district’s wellness policy and other important information www.westonk12-ct.org

HUSSC Schools Are Growing!

As of November 2011, a total of 127 Chartwells Schools have been certified in the HealthierUS School Challenge (HUSSC) initiative!

To see the complete list of award winning Chartwells schools visit: http://www.chartwellschools.com/News/Chartwells%20Schools%20with%20HUSSC%20Awards%20Updated%204-11-11.pdf.

Chartwells Moves to New Pizza Crust

Chatwells School Dining Services is moving away from the Sara Lee Deli’d Italia sheeted program to a Schwans’ Two Sicily’s Freezer to Oven (FTO) program. The new white whole wheat crust is super-nutritious from the addition of olive oil and flax seeds, high quality, and an easy to use product that has been taste tested and approved by students.

Chartwells Schools will be moving to the new crust items effective January 1, 2012.

Food Buying Guide Calculator for Child Nutrition Programs

The USDA’s Food Buying Guide (FBG) for Child Nutrition Programs is a very valuable resource to help you purchase your food in the most economical way and help you determine the specific contribution each food makes towards the meal pattern requirements for food-based menu planning.

Often interpreting the FBG weight and measure conversions can be tricky. The National Food Service Management Institute and Team Nutrition have developed an interactive easy to use online calculator that allows you to build a shopping list of food from the FBG and quickly determine how much of each item is needed to produce the number of servings and portion size you specify.

To access the Food Buying Guide calculator you can visit: http://fbg.nfsmi.org/
The Food Network’s “Chopped” Takes on School Lunch

Connecticut was well represented on the November 22nd episode of the hit Food Network show “Chopped.” Three cafeteria workers from schools around Connecticut competed against each other for the chance to win $10,000. It was not all about the money for the four contestants: They are hoping to help raise awareness about how far school lunch has come with offering healthy meals for school-children. With White House chef Sam Kass as the guest judge, the ladies were challenged to create an appetizer with dill pickles and canned tuna, followed by an entrée using quinoa. Once the two finalists were selected, they were put to the test one more time to make a dessert out of cream cheese and grapes.

Fight the Flu with Food
5 Nutrition tips to help you stay healthy this Flu Season

- **Vitamin C** - Taking Vitamin C early on with a cold can help reduce the severity of the symptoms.
- **Drink lots of fluids** - Flush away toxins by keeping hydrated. Drinking water or 100% fruit juice is the healthiest way to stay hydrated during a cold.
- **Eat a balanced diet** - This will ensure you are getting the proper nutrients your body needs to stay strong.
- **Spicy Foods** - Have a stuffy nose? Eating spicy foods can help break up congestion.
- **Wash your hands** - Do this before you eat, it is the best and most simple way to prevent a cold or the flu.

As a proud partner of the USDA “ChooseMyPlate” network, one of our goals is to communicate the new 2010 USDA Dietary Guidelines that were released earlier this year.

The objective of ChooseMyPlate is to simplify the message of balancing calories, by emphasizing which foods to increase and which foods to decrease, using a familiar dinner plate diagram

The message for the 4th quarter of this year is to “Increase your fruits and vegetables by making these healthy foods half of what is on your plate”.

You can support this message on menus, posters, newsletters and nutrition lesson plans.

**New Next Month…**

January is The Japanese New Year!

January’s Super Food is fiber rich Brown Rice!

**Did You Know?**

Currently only 2,161 Schools throughout America are certified as a HUSSC School.
Hurlbutt Elementary School in Weston, CT is Awarded a Healthier US School Challenge Bronze Award

John Magnarelli from USDA visited Hurlbutt Elementary School on Monday, November 14th to present the Healthier US School Challenge Bronze award. Nearly 500 kindergarten through 2nd grade students were in attendance for this celebration.

The HUSSC application process was led by Jill Patterson, RD, Chartwells Resident Dietitian for Weston Public Schools and Andre Santelli, Chartwells Director of Dining and Culinary Development for Weston Public Schools. Kim Kus played an instrumental role in the nutrition education and physical education sections of the application. A team of school professionals and a representative of the parent organization reviewed the application and included Joanna Genovese, Lynne Barrelle and Jennifer Benhoff. Special recognition is also due to the school nutrition staff, Lynne Barrelle, Carrie Macadams, Nevi Sabovic, and Sue Wilson, for their efforts in achieving school lunch menu changes leading to a HUSSC Bronze award.

Weston Foodservice Associate Trainings

Weston foodservice associates received nutrition training from Jill Patterson, RD, Resident Dietitian regarding the following topics:

- Production Records
- Food Allergy Management
- Reimbursable Meals including Salad Bars
  - Offer vs. Serve
- Portion Sizes & Standardized Recipes
- Regulations: Water & Low-Fat/Fat-Free Milk Rule
- Healthier US Schools Challenge
- Simply Good Campaign/Food Focuses

Weston foodservice associates received culinary training from Andre Santelli, Director of Dining & Culinary Development regarding the following topics:

- Culinary Training
- Food Safety
- Human Resources
Weston
Public Schools Newsletter
What’s Happening in School Food Service…
Nicole’s Retirement Celebration

Nicole Carrier retired after many years of service at Weston High School

Weston, CT School Nutrition Team Participates in Worksite Wellness Program

Jill Patterson, RD, Chartwells Resident Dietitian leading “Nutrition Trivia”

On August 23rd, 2011, twenty-three foodservice associates from all four schools in Weston, CT participated in a worksite wellness presentation taught by Jill Patterson, RD, Chartwells Resident Dietitian and SNACT member. Topics included an interactive “MyPlate” game and “Nutrition Trivia,” which included information about the 2010 Dietary Guidelines, MyPlate and Nutrient Rich Foods.

Additional programs for the Weston school nutrition department have included pedometer programs promoting physical activity, healthy back exercises, and a variety of nutrition trainings.

Benefits of school employee wellness programs include decreased absenteeism, increased productivity, increased employee retention and morale, fewer work related injuries and employees become healthy role models for students. School cafeterias are classrooms for nutrition education and foodservice associates serve as healthy and knowledgeable role models for our student customers!
Cafeteria Nutrition Promotions Developed by a Registered Dietitian for Elementary School Students Results in an Increase in Selection of Fruits and Vegetables in the School Cafeteria

Author Block J. Patterson,¹ M. Saidel²; ¹Chartwells School Dining Services, Weston, CT, ²Chartwells School Dining Services, Rye Brook, NY

Abstract:
A series of cafeteria nutrition promotions were conducted in an elementary school that consisted of 195 kindergarten through 2nd grade students. Each promotion included signage posted in the cafeteria on the day of the promotion, information in parent newsletters, information on the school website, advertising the promotion on the school lunch menu, announcements read to students the day before and the day of the promotion to encourage students to participate, and rewarding students with a prize for participating. Student fruit selection was measured one month prior to the one-day cafeteria fruit promotion and one month after the fruit promotion. Prior to the promotion, fruit selection ranged 11 to 53 portions with a median of 37. The day of the promotion, fruit selection increased by 213.5% with 116 portions of fruit being selected compared to a median of 37. During the dates following the promotion, fruit selection ranged 28 to 80 portions with a median of 55, which is 48.6% more than during the baseline. Prior to the one-day vegetable promotion, vegetable selection ranged 6 to 43 with a median of 16. The day of the promotion vegetable selection increased by 362.5% with 74 portions of vegetables being selected compared to a median of 16. During the dates following the promotion, vegetable selection ranged 10 to 43 portions with a median of 21.5, which is 34.37% more than during the baseline. In conclusion, these promotions can be an effective tool to increase fruit and vegetable selection in elementary school cafeterias.