

LOWELL PUBLIC SCHOOLS FOOD & NUTRITION

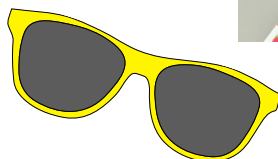
Growing Nourished Kids

FoodCorps service member Alissa Haskins (pictured right) has been encouraging students to try new foods, eat more fruits and vegetables, understand where their food comes from, and share their thoughts on school meals. As the school year winds down, let's take a look at some of the fun activities we've hosted with you!



**FREE MEALS DON'T END
WHEN SCHOOL IS OUT!**

As part of the Summer Eats program, **five** meal sites across the district will be serving lunch and **two** meal sites will serve dinner for students 2-18 years old starting June 27th! Scan the below QR code to learn more and find a site near you.



WHAT HAVE WE BEEN UP TO?



CAFETERIA TASTE TESTS

In cafeterias across the district, Alissa and the LPSFNS team served up taste tests at **15 different schools**, including ALL elementary schools! Student favorites included Korean Beef Bibimbop, Arroz con Pollo, and local Baked Potato Pizza. Students tried upcoming menu items before they were on the lunch line and voted whether they Loved It, Liked It, or would Leave It. These samples led many students to select these new menu items when they appeared on the lunch line days later!



TASTING HISTORY MENU ITEMS

LPSFNS partnered with U.S. History II Seminar at Lowell High School to incorporate student-developed recipes on the school lunch menu monthly. Chef Mike trialed recipes with each student to ensure the adaptations were true to the original recipe before implementing them on the district menu for everyone to try -- Kindergarteners through 12th graders! Students at all schools tasted history with Lok Lak (Cambodia), Arroz con Pollo (Colombia), Jocón (Guatemala -- pictured right), and Feijoada (Brazil).

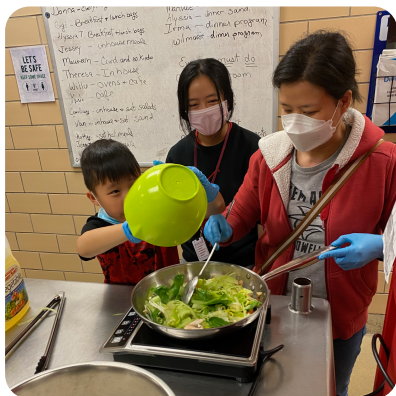


FRESH FRUIT & VEGETABLE PROGRAM (FFVP)

Over 450 Morey Elementary students tried **61 different fruits and vegetables** this school year! This included local items, such as peaches, butternut squash, lettuce, and carrots. In addition to trying new things, students learned nutritional facts through fact cards and videos, as well as a celebratory "I Tried It!" bingo game. We look forward to rotating the program to another elementary school next year!

FOOD SERVICE STAFF DEVELOPMENT

With new menu items comes the opportunity to freshen up our skills! LPSFNS has led many training opportunities for our 180 food service staff, including scratch cooking, knife skills, food presentation and seasoning, and culturally responsive menu planning. As part of our Farm to School Initiative, pictured right you will see staff on a visit to Farmer Dave's in Dracut, MA to learn about seasonal produce and scratch cooking with fresh, local ingredients.



FARM TO TABLE COOKING CLASSES

This Spring, students at the STEM Academy participated in a four-week cooking class hosted by FoodCorps, Mill City Grows, and Food Service Staff. Classes centered recipes found on the school lunch menu, as well as family recipes. Pictured left, the Tran family is demonstrating how to make their own Bún Xào Chay, a veggie and rice vermicelli dish! Families also received a digital recipe book to continue cooking at home.

