

# LOCAL HIGHLIGHTS - FALL/WINTER 2012

## Bristol Elementary School

USDA's HealthierUS School Challenge (HUSSC)

BRONZE AWARD WINNER

In September 2012 Bristol Elementary School food service manager Lorraine Thompson was notified that the school's application for the Bronze Award of the HUSSC was approved.

**Only 4% of schools in the country have received this award.**

The award represents implementation of menus that meet very strict guidelines as well as meeting criteria for nutrition education, physical activity and physical education at all grade levels. A celebration of this achievement is planned for later this year.



### BES Breakfast In the Classroom

Breakfast is the most important meal of the day.

At BES everyone works together to make sure that students get a great start to their day. In September 2012 Bristol Elementary School began serving **free** breakfast in the classroom to all students every day. Breakfast is delivered to classrooms before school starts and is waiting for students to enjoy as they start their day of learning.



## Robinson Elementary School

Farm to School Grant

The ANESU Food Service Cooperative received a VT Dept. of Agriculture Farm to School grant designed to integrate food and nutrition education into classroom curriculum. The project, which is being initiated in the Robinson School includes classroom instruction, farm visits, and cafeteria taste tests as well as a community connection component during which students will prepare food to support a community group in need. The program is in full swing at Robinson and will soon be hosted at other schools as well.



### Harvest Table

The Yummy Tummy Café at Robinson School features a daily Harvest Table so students can load up on fresh fruits and vegetables during lunch every day.



### ONE GREAT TRAY at Robinson Elementary

**Before**

**After**

This tray meets the new federal guidelines which emphasis fruits and vegetables and puts reasonable weekly limits on breads and meats.



# Beeman Elementary School

## Breakfast at BEST

Breakfast is the most important meal of the day, especially for students who need to pay attention and learn first thing in the morning. Beeman Elementary is working to promote breakfast by offering a free breakfast to all students once a month during BEST (Beeman Elementary Sharing Time). The monthly breakfasts are offered when Principal, Steve Flint hosts the community event.

Breakfast at BEST is supported by local businesses including Tourterelle Restaurant, Qi Veterinary Clinic, Lester Farm, Misty Knoll Farm, and Lincoln Peak

## Cooperative Vending with BRISTOL FAMILY CENTER

The Beeman Bistro now prepares daily meals for the Bristol Family Center. This cooperative vending program is one way that the Beeman Bistro is working to increase revenue and maintain viability while supporting child nutrition needs in our community.

# Monkton Elementary School

## Green Kitchen Project

The Monkton School Food Service Program is working with students to start a Green Kitchen Project aimed at reducing waste in the kitchen through recycling, composting, and the promotion of student awareness of waste issues. Student volunteers work daily in the kitchen and cafeteria with Heather and Deb to help wash dishes and monitor and teach other students to compost and recycle their food waste and trash. In addition they conduct taste tests, inviting other students to try some of the delicious foods being prepared in the kitchen. It is wonderful to see students working together and alongside food service staff to make everything run smoothly, to make the kitchen and cafeteria a real community space reflecting important shared values.



# Lincoln Community School

## New Kitchen - Same Great Food!

The Lincoln Community School Kitchen got a facelift over the summer. Designed by Laura Collaro, the new kitchen makes wonderful use of the relatively small space to prepare meals, store food, and serve students. Students also have the opportunity to serve themselves from the brand new salad bar packed with fresh and often local veggies and other student favorites. Meeting the new USDA guidelines for school meals comes very naturally to students at Lincoln who have many fresh and local fruits and vegetables available and served in this beautiful salad bar every day.



# Mt Abraham Union Middle/High School

## International Meals

The Eagle Café partners with students and teachers throughout the year to prepare Special Theme meals which align with curriculum content. In October, cafeteria staff served a Turkish Meal along with Mr. Nezins 8<sup>th</sup> grade class. Students prepared Turkish flatbread and a special Turkish spice blend to share with students during the Turkish Day taste test in the cafeteria.



## Mt. Abe Garden

The Mt. Abe Garden produced over 350 lbs of food that was used in school meals in the Fall. Many thanks to Izzy Moddy and Zoey Bunch for all of their hard work tending to the garden all summer and harvesting during the Fall. Thanks also to Walter O'Donohue for his tireless efforts to make the Mt. Abe garden happen each and every year. Mr. Hamilton's

Biology of Foods class was also very involved in harvest season and played an important role in making sure food got to the cafeteria to be processed & cooked.



## New Look in the Large Cafeteria

The large cafeteria at Mt. Abe has a beautiful new mural designed and executed in June 2012 by Megan Ogden. The three panel mural interspersed between the long windows depicts large, colorful fruits and vegetables, almost as an invitation to enjoy fresh foods and the bountiful harvest. After the installation of the panels it seemed necessary to paint the other walls in order to maintain the warm and inviting atmosphere that the fresh new artwork brought to the space. Stop by to see the improvements and have lunch anytime.



## Going Green

Efforts to be more environmentally responsible are in the works in both the cafeteria and the kitchen thanks to the efforts of the Mt. Abe Environmental Club. Composting and recycling is happening in both cafeterias every day and while there is still room for improvement, much change has taken place and important steps have been taken. The Food Service program's commitment to being more environmentally sound this year started with the reduction in use of plastic silverware which has been replaced by real silverware in both cafeterias.



# ANESU Food Service Cooperative Staff Notes

**Heather McConville** joins the Cooperative staff as Manager of the Monkton Central School Food Service Program. Heather has lots of experience cooking in schools, camps and restaurants and share with us her passion for good, healthy food for kids. Heather was excited to use so much of the fresh foods grown in the Monkton garden this Fall.



**Kathy Correll** has taken on a dual roll within the Cooperative. Kathy works at both Beeman Elementary School and Mt. Abraham Eagle Café. Kathy can be found making Panninis and serving taste tests in the Eagle Café cafeteria. She works mostly mornings at Beeman Elementary but sometimes likes to stay and serve so she can see students, the best part of her job.



**Patty Kelly** joins the Bristol Elementary School Staff from Middlebury. Patty loves preparing healthy meals for students and jumped right in to teach an after school cooking program to further support students to learn about nutritious foods and healthy eating habits.

**Christa Gowen** and **Emily Betz** are making their mark as statewide food and nutrition experts. First the team presented a cooking demonstration at the School Nutrition Association of Vermont's Annual Conference in October. Both are also part of a Team Nutrition Grant from USDA to create a Vermont School Food Service Cookbook. As "Star Chefs" they are testing recipes for the cookbook.



Christa taught two cooking classes for the ANESU Wellness Series this Fall featuring fresh local produce and whole grains.



**UVM Interns.** The ANESU Food Service Cooperative hosted two UVM Master of Dietetics Interns in October, Jesse Curran and Jamie Sheahan. These two young women taught nutrition education classes at the Robinson School with Ruth Beecher, they conducted a food consumption study at Bristol Elementary School and presented their results at the Food Service Staff Meeting on November 2. They also worked in three school kitchens for one day each getting a real "taste" of how much school meals have changed since they were in school. The ANESU Food Service Cooperative enjoys an ongoing and strong relationship with UVM so that interns can come spend three weeks learning about the importance of schools as a significant nutrition environment in the lives of school age children.



## **ANESU Food Service Cooperative** **HIKES for HUNGER**

Four members of the ANESU Food Service staff joined about 100 others for the Annual Hunger Free Vermont HIKE FOR HUNGER in October. The team raised \$500 to feed a family and fight hunger. We look forward to participating in this worthy cause again next year. It is our mission to be sure all kids are fed every day.

### **Professional Development** *Always Learning*

ANESU Food Service Cooperative 18 staff members get together during each In-Service day to hone culinary skills, discuss strategies for program improvement, study nutrition topics, and build expertise in implementing USDA's new guidelines for school meals.



# LOCAL FOOD

The ANESU is committed to making local foods and products a priority in all of our programs. Many of our schools have strong relationships with local farmers who work with us to make sure we have an abundance of local foods during the harvest season.

## Local Beef and Processing Initiatives

Laura Collaro took the lead for our cooperative group using her expertise and experience to secure purchasing of local beef for all schools at affordable pricing. Our schools have been proud to serve mostly local beef at affordable cost, working with other products such as beans to increase cost effectiveness and improve nutritional value.

In addition, the ANESU Food Service Cooperative explored food processing to extend the time local products would be available in schools. Over the summer strawberries, blueberries, and cauliflower were processed. Local squash will be processed in the coming weeks.



## Other Food Producers

In addition to working with local farmers the ANESU Food Service Cooperative is pleased to be working with two local food producers - **Bristol Bakery** and **Pastabilities** in Williston. Both companies have worked hard to support efforts to meet the USDA guidelines for school meals & provide us with affordable local products that are fresh, delicious & help us meet our goal of supporting local economy & working in partnership with our community.



## LOCAL FARMER PARTNERS

Champlain Orchards	Norris Berry Farm
Monument Farms	Shaker Maple Farm
Maple Meadows Farm	Vermont Highlands Beef
Breault Family Farm	VT Livestock
Lewis Creek Farm	Harvey Park Farm
Last Resort Farm	Lester Farm
Lalumiere Farm	Gleason Grains
Blue Meadow Farm	Misty Knoll Farm