



...one
Bite at
a time

Growing Healthy Waves

September 2015

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Welcome Back to School!

Growing Healthy Waves has a brand-new look this year. We'd like to thank Leslie Geoghegan for the new logo and the newsletter template. We are going to work hard to keep you updated on what Growing Healthy Waves will be doing this year with the Tupelo Public School District.



Lindsey Alade, our FoodCorps Service Member for the 2014-15 school year, did a great job getting Growing Healthy Waves launched at Joyner, Thomas Street, and King Early Childhood Education Center. She introduced students to new, healthy foods through taste tests, taught classes through the science labs, and worked hard on planting gardens in all three schools. We wish Lindsey the best in all her endeavors!



September: GRAPE TOMATOES

Tossed Salads, Grilled Chicken Salads, and Garden Salads

Grape Tomatoes w/Ranch Dip

Baby Carrots/Grape Tomatoes w/Ranch Dip

Tomato and Cucumber Salad

Fresh Mixed Veggies w/Ranch Dip

Check out TPSD's weekly menus:

<http://tpschildnutrition.com>

Welcome to Tylar Setser, our new FoodCorps Service Member, who is coming to Tupelo from Louisville, KY. Tylar has just returned from an intensive weeklong FoodCorps training in Portland, OR, and is ready to get boots on the ground working with Growing Healthy Waves. She kicks off her Service Term September 1st! Welcome, Tylar!

