

APRIL 2024

# MONTHLY UPDATE

*amazing things* ARE HAPPENING

at Glassboro School District



Rotisserie Style Chicken Bowe

It is hard to believe the school year is almost over. This April we added some new items to our menus that the students really enjoyed. We featured Rotisserie Style chicken with mashed potatoes and gravy & Chicken Parm with pasta at Bowe MS, Italian Sausage Sub with waffle fries at the HS and Taco Pie & Mexican chicken & brown rice at Bullock elementary School.

On April 22, we celebrated Earth Day at our schools with dirt pudding & worms the students enjoyed the special treat. We will be serving up more Fun menu items in May.



Chicken Parm w/Pasta Bowe



Italian Sausage Sub HS



Taco Pie Bullock



Earth Day HS



Earth Day Bullock



Earth Day Bowe MS

## Every Day is Earth Day

April is Earth Month, a time to show appreciation and support for the environment. Celebrating Earth Month provides an important reminder that a healthy planet depends on the actions we take every day, so protecting and celebrating the Earth doesn't need to be limited to just one month. Here are some ways you can be kind to the planet year-round:

- When possible, **reduce your plastic usage** by buying in bulk, using reusable water bottles and containers, and purchasing products that are not packaged in plastic.
- **Make plants the center of your plate** to help reduce your carbon footprint. Compared to animal-based foods, the production of plant-based foods requires less natural resources such as water and land, and also produces fewer harmful greenhouse gasses. Eating a plant-based diet doesn't mean you need to go vegan—a simple shift towards eating more plants and less animal product makes a big difference.
- Approximately 40% of food in the United States is wasted, which is not just a waste of nutrition but also of the resources used to grow, harvest and process it. In addition, food waste in landfills contributes to harmful greenhouse gas production. You can **reduce food waste** by using what you have before buying new, planning your meals in advance, freezing leftovers to enjoy at a later time, and storing food appropriately to avoid spoilage. If you can't use it, try composting organic food waste to help put the nutrients back into the earth.



## Food Allergy Awareness Week May 12—18

Did you know that 1 in 10 adults and 1 in 13 children live with a food allergy? In many cases, a food allergy can be life threatening, and there is no cure. Food Allergy Awareness week is a crucial time to learn more about food allergies and how better to support those living with them. Here are some tips on how you can be a food allergy ally:

- **Educate yourself**—take the time to learn about different food allergies, their symptoms, and how they can be managed. Understanding goes a long way in providing support.
- **Be mindful and respectful** of the dietary restrictions of others. When planning gatherings or sharing food, inquire about allergies and accommodate accordingly.
- **Communicate effectively**—encourage open communication with friends, family, and colleagues about their food allergies. Create a safe environment where individuals feel comfortable discussing their needs.
- **Learn what to do** if you witness someone having an allergic reaction. Knowing how to administer an EpiPen and calling 911 can save someone's life.

At Nutri-Serve, we take food allergies very seriously and are happy to work with families, the school nurse, and other school staff to support students with food allergies. Once a student's food allergies have been medically verified through the school nurse, the Nutri-Serve team works with the family/student to determine safe food choices and establish a food allergy action plan for that student, ensuring that they have access to healthy and safe meals during their time at school.

**QUESTIONS OR COMMENTS? Contact us!**

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