

Toledo School District

April Nutrition Newsletter



What's Shaking in Dining?

Welcome to your monthly newsletter! We are excited to share our story with you! Did you know that wasted food is the single largest category of material placed in municipal landfills? Or that 40 percent of our food supply is wasted and that each of us throws away nearly 300 pounds of food each year? Since April is Earth Month and April 26th is Stop Food Waste Day, we will be featuring foods and programs that highlight the many ways that students and the community can make a difference in reducing food waste. Even the smallest changes can have a significant impact toward the reduction of food waste, so check out these tips to join us in the fight and help stop food waste outside of the cafeteria.

Go to the grocery store with a plan – this will help save you time, money, and prevent wasted food. It's an all-around win! It has been noted that a family of four could lose up to \$1500 a year on unused food that has gone bad. Grocery lists help you stay on track in the supermarket and only buy what you need. Assess your pantry and refrigerator before going to the store, consider what dishes you want to make for the week, and write that list!

Become friends with the freezer – from leftovers to extra veggies, basically anything can be frozen. Some meat and poultry can be kept in the freezer for 4-12 months, and leftover soups or meals tend to stay well for 1-2 months. When storing food in the freezer, be sure to squeeze out extra air to prevent freezer burn. So, before those leftovers go bad in the fridge, consider keeping them in the freezer for a later date.

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chartwells
serving up happy & healthy

What's Happening on the Menu?

April 12th- National Grilled Cheese Day

Events to Look Forward to this Month:

April 22nd - Earth Day

April 26th - Stop Food Waste Day

Days to look out for:

April 1st-5th- Spring Break
No School

April 15th- ACT Late Start



A Reason to Celebrate!

April 1: April Fool's Day

April Fools' Day—occurring on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery

April 4: School Librarian Day

Join us in the cafeteria on April 4th as we celebrate School Librarian Day

April 12: Grilled Cheese Sandwich Day

It's time to enjoy one of the best, cheesiest, crunchiest and most comforting sandwiches around!

April 22: Earth Day

Join us in the cafeteria on April 22 as we celebrate Earth Day!

April 26: Stop Food Waste Day

Take the pledge to #stopfoodwaste! Come to the cafeteria on April 26 to help us celebrate Stop Food Waste Day!

HOW TO MAKE Seed Bombs

YOU WILL NEED

- Clay
- Compost
- Native Flower Seed

STEP 1
In a bowl, mix 1 part clay with 4 to 5 parts compost.

STEP 2
Stir while slowly mixing in water until you have dough.
TIP: If the dough is too gooey add equal amounts of clay and compost.

STEP 3
Form your dough into balls, about the size of a quarter.

STEP 4
Press a hole into each ball and place 3 or 4 seeds into it. Close up the hole.

STEP 5
Lay the balls on plates or baking trays to air dry.

STEP 6
When spring arrives, scatter the seed bombs on open ground. The shell will protect seeds from birds while providing needed moisture for them to sprout. On average, seedlings will sprout within 2-3 weeks.

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