

Jefferson Local Schools February Nutrition Newsletter



Lots to LOVE About School Dining

Welcome to your monthly newsletter! We are excited to share our story with you!

Delete this image if you need space for
NOTHING BUT HAPPY AND HEALTHY
HEARTS FOR OUR STUDENTS THIS
MONTH.



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In this issue:

What's New in your Schools?

**Better Together: Team
Member Spotlight. Check
out our awesome
employees!**

**Events to Look Forward to
this Month**

This Month in Discovery Kitchen

As you know, each month we bring our Discovery Kitchen program to the cafeteria to provide students with an experiential learning activity. This month, our Discovery Kitchen theme is Smart Snacking and once again will be hosting live demos, along with sharing recipes and fun nutrition education throughout the month.

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be an important part in keeping them energized all day long.



chartwells
Discovery
KITCHEN



A Reason to Celebrate!

February 8: National Potato Lover's Day

Potatoes have been a popular food for centuries so it's about time we recognize this versatile and ap-peeling favorite. Mashed, smashed, chipped, or covered in cheese, potatoes can be eaten with just about every meal — or as a meal! — making these starchy veggies a delicious and easy way to get iron, potassium and vitamin c.

February 9: National Pizza Day

Celebrate one of America's all-time favorite foods, pizza! Dine with us in this week's meal pickup! #nationalpizzaday



February 14: Valentine's Day

St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid and the shape of a heart.



February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.



Start each day off right and come grab breakfast.

MS/HS- Breakfast starts at 7:00 a.m.

Norwood- Breakfast starts at 8:10 a.m.

SCHOOL BREAKFAST WILL GIVE YOU THE ENERGY YOU NEED TO SUCCEED!! IT ALSO HELPS YOU TO STAY FOCUSED WHILE IN CLASS. CHILDREN WHO EAT BREAKFAST ARE SIGNIFICANTLY LESS LIKELY TO BE OVERWIEGHT, WHILE SKIPPING BREAKFAST IS ASSOCIATED WITH A HIGHER RISK OF OBESITY. SCHOOL BREAKFAST ALSO HELPS BUILD LIFELONG HEALTHY EATING HABITS.

BREAKFAST YOGURT PIZZA



Better Together

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible. Meet some of our team members from across the district.



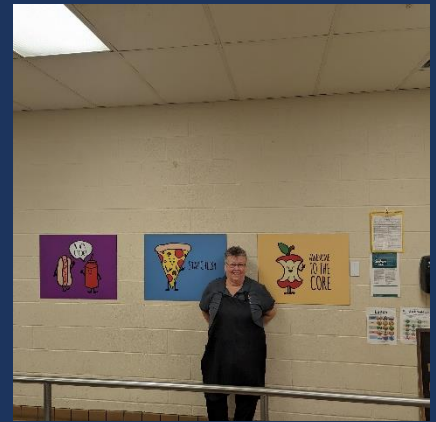
**Opal Clay(Cahier) @
Norwood**

Opal has worked for Chartwells K12 since March 2022. She continues to learn new things everyday, and has been certified in allergy FARE training.



**Carolyn
Loomis(Foodservice
Worker/Prep**

Carolyn started working for Chartwells K12 in November 2024. She was a 1999 OSU Grad. She enjoys reading, playing computer games, and reading her bible.



Debbie Pfeil has been with Chartwells K12 for two years. She is our February Cheers winner. Way to go Debbie!!!! She makes the children laugh and her humor is infectious. The kids love her at Norwood. Debbie grew up in West Jefferson and she knows everyone. Thank you Debbie for your commitment to serving up Happy and Healthy Meals everyday!

Below, you will see our Global Eats set up for the month of January. Students were able to take a trip to Mexico and taste our new menu at West Jefferson Middle/High School. In the pictures below we served Brisket Tostadas. A little bit of spice is nice. They were really tasty!!



GO ROUGHRIDERS !!!!!!!

