

January 2019

NUTRITION AND WELLNESS NEWS

Chartwells K12 at Scarsdale Union Free School District

Serving Up a Tasty New Year

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Welcome back! We are excited to have rolled out our first menu of 2019. Our team has worked hard this winter to provide a variety of different foods for all eating styles and taste preferences. We are happy to now offer Alternate Entrees two days-a-week featuring Vegetarian and plant-based recipes as requested by the community. We are proud to incorporate menu items that balance nutrition, variety, and taste. We are also excited to have offered new menu items this January including stir-fry, butternut squash macaroni & cheese, breakfast-for-lunch, and more!

Allergies and Medical Conditions

Our team got warmed up to return to school after the holiday break this winter by participating in a fantastic Professional Development Day on January 4, 2019. Tara Cook, Director of Dining Services, Glenn Garew, Executive Chef, and Hannah Kutzin, Resident Dietitian, all led trainings with our team members. A major initiative was to get all workers trained and certified to work with allergies and medical conditions in all of our buildings.

We recognize the critical importance of managing food allergies everyday and we are proud to partner with **FARE** to train our team members to ensure safe meals for our students.

Q: What is FARE?

FARE (Food Allergy Research & Education) is “the nation’s leading organization dedicated to food allergy research, education, advocacy, and awareness.” By participating in their training program, we prioritize safety by utilizing the latest advancements and obtaining an exclusive certification for our district’s schools. We are excited to become FARECheck Certified at the Scarsdale Union Free School District!



Spotted at Edgewood Elementary: New vegetarian entrée this month featuring steamed vegetarian dumplings, veggie fried rice, and ginger garlic bok choy



FARE

NutriSlice News

In addition to the pre-existing allergy tool on NutriSlice, we have compiled Ingredient Lists to publish to the NutriSlice webpages for parents to see more details regarding ingredients in each food item offered. This transparency helps parents to identify allergens outside of the Top 8 (& sesame*) or other ingredients of interest. The lists are published on the right hand side of the NutriSlice page for easy access.



- [Click Here to View Ingredients for 1/28/19-1/31/19](#)
- [Click Here to View Ingredients for 2/4/19-2/8/19!](#)
- [Click Here to View Ingredients for 2/11/19-2/15/19!](#)
- [Click Here to View Ingredients for 2/25/19-3/1/19!](#)



Smiling Chartwells team members representing all seven Scarsdale schools participating in our Professional Development Day over the holiday break