

**Warren Consolidated Schools
Nutrition Service April 2018 Newsletter**
By Dietetic Intern Emily Brown

Eat Green on Earth Day!

Earth day is April 22, and to celebrate our unique planet, let's talk about how you can help! Protecting our earth means protecting our environment and the people who live in it. Here are some tips to help you live green in 2018!



At Home:

1. Unplug those kitchen appliances when you're not using them! You'll save energy and money!
2. Wash your fruits and veggies to get all the pesticides off. If there are peels or rinds left, try composting them instead of throwing them in the garbage
3. Start a garden! As they say, "April showers bring may flowers!"... and produce! Carrots, cucumbers, herbs, lettuce, peppers, and melons are a few of the many different types of produce you can start growing in April!

At School:

1. Take a reusable water bottle to school! It will remind you to drink more water and reduce the amount of plastic you use!
2. Stop wasting food! Of course we want you to eat your grains, protein, dairy, fruits and vegetables... but don't waste them! If you have food you don't want, save it for later or share it with someone who will eat it.
3. Recycle in school! Ask your teacher how you can recycle your waste!

Grocery Shopping:

1. Take your own bags and totes to the grocery store. It's environmentally friendly and can help reduce the amount of trips you make from the car to your house.
2. Buy in bulk! The reduced packaging can save the earth from a lot of extra trash!
3. Shop at local farmer's markets and businesses. Not only does it support your community, but it can also mean the food travels less from the farm to your plate!



**WE ARE
LOOKING
FOR YOU!!**

**WCS NUTRITION SERVICES IS IN NEED
OF DEDICATED FOOD SERVICE
PROFESSIONALS.**

- **Perfect job to have while your children are in school**
- **Weekends, holidays, and school breaks off**
- **Work shifts allow you to still pick your child up from school**
- **Learn a fun new job, and earn some extra money**

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NUTRITION
SERVICE
FAMILY**

Apply online at www.wcskids.net, the employment tab is at the top of the webpage.

Call 586.698.4158 for more information.



Wellness Policy

You can find our district wellness policy at:
<http://www.wcskids.net/departments/nutrition-services/wellness/index.html>

SendMoneyToSchool.com allows parents to make deposits online to their child's nutrition account with no service charge. You will need your child's ID number to access. Deposits can also be made at school with **CASH ONLY.**

Free and reduced meal applications can be completed online. This convenient and confidential website allows for quicker processing than the paper applications. The link to www.lunchapp.com is available at the WCS Nutrition Services website.