

Food & Nutrition news

December/January 2023/2024

A Message from Food and Nutrition Services Directors

|| New Menu Items

- Egg & Cheddar Cheese Breakfast Sandwich
- Turkey Sausage & Mozzarella Cheese Breakfast Sandwich

|| FNS Kudos

Kitchens of the Week

Centre Ridge ES / Providence ES
Bren Mar Park ES / Thoreau MS

Employees of the Week

Vasilia Fineskos @ Riverside ES
Blanca Diaz @ Falls Church HS
Luan Wen @ Langley HS
Dawn Dzurilla @ Terraset ES
Norma Paguada
@ Stratford Landing ES

|| Nutrislice Menu



View our menu offerings on Nutrislice! New options are being introduced weekly during December & January!

|| Follow Us!

@fcps_foodandnutritionservices



On November 13th, Food and Nutrition Services (FNS) hosted our first annual "Future of FCPS Student Food Show. Over 230 students from 24 Fairfax County Public Schools were able to participate in an event that celebrated the power of nutritious, diverse, and culturally resonant meals in school cafeterias. The sampled meals showcased culinary inspiration from global cultures, ranging from Korean-style barbecue chicken and bulgogi bowls to Greek-inspired turkey gyros, and students provided overwhelmingly positive feedback through a survey. Witnessing students genuinely excited about school food reaffirmed the commitment of Food and Nutrition Services to providing healthier and more diverse meal options. The goal was to assist in crafting meals with greater selectivity in terms of flavors and nutritional values and truly elevating student voice. FNS also showcased their goal of reduction plastic waste associated with pre-packaged meals and more sustainable flatware. The emphasis on inclusivity was also highlighted, with the diverse menu catering to various dietary preferences and cultural backgrounds. From vegetarian and vegan choices to options adhering to Kosher and Halal dietary requirements, the offerings were designed to reflect the rich tapestry of FCPS's student body.

Learn more about the new menu items coming to FCPS:

<https://bit.ly/47dFIPI>



Monthly Parent Newsletters



Food and Nutrition Services (FNS) has developed monthly articles that schools are welcome to use in their monthly parent newsletters.

Below is an article for your December and/or January newsletter.



HEALTHY SNACKING TIPS

The rise in overweight children means that parents need to take an active role in providing healthy snacks for their children.

- Keep snacks small.
- Don't eat snacks straight out of the package.
- Snack only when hungry, not bored.
- Limit sweet snacks such as brownies, cookies, and candy because they are often loaded with calories and sugar.
- Offer fruits and vegetables.
- Offer low fat cheese with whole grain crackers or pretzels.
- Quench thirst with water or low fat milk, not soft drinks.
- Read food labels carefully – if first ingredient is sugar **AVOID IT**.



HEALTHY TIPS FOR THE HOLIDAYS

- Start the day with breakfast.
- Eat plenty of fruits and vegetables.
- Eat lighter meals at night.
- Limit portion sizes of favorite holiday foods, especially desserts.
- Eliminate night-stress-related gorging, especially in front of the TV.
- Go to bed feeling light, not "full".
- Enjoy your feast, family, and friends.
- Remember to exercise 60 minutes per day.

Important Reminders



- On December 11, all Food Service manager attend meeting at their assigned Central Kitchen at 2:30pm
- Food Services will be holding more job fairs in the coming months, please watch for further information.
- Winter break equipment shutdown - Kitchen managers will Communicate with school administration and custodian as to which units are being shut off and which units are being used
- Winter break will be Monday, December 18, 2023 - Monday, January 1, 2024. Food and Nutrition Service employees will return on January 2, 2024

CACFP After-School Meals (Super Snack)

This is a friendly reminder that after-school meals are available to be requested for students that are located in an attendance zone where at least 50% or more qualify for free or reduced-price meals. If any of these schools offer after-school enrichment programs, it is a requirement that meals also be offered. Please contact Lindsay Capo lcapo@fcps.edu for more information or to request meals.

Fresh Fruit and Vegetable Program (FFVP) Information

The FFVP Schedule for December is:

- **11/27-12/1:** Clementines, Mandarin Oranges, Cranberries
- **12/4-12/8:** Kale, **Spinach**, Arugula
 - **Spinach is the December "Harvest of the Month"**
- **12/11-12/15:** Fig, Starfruit, Grapefruit

*There will be no FFVP December 19-31 and January 2-6, due to the Winter Break. FFVP will resume the week of January 8th.

Be on the lookout for January's "Harvest of the Month" - Sweet Potatoes!



Enjoy time with your family and friends
"Happy Holidays!"

