



RHODE ISLAND WELLNESS-WISE

NUTRITIONAL TIPS & NEWS FOR PARENTS

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Rhode Island Harvest Fest

This month, we celebrated Rhode Island farms once more with menu specials, food tastings and fun activities:

- Food Service Director John McGrath at Smithfield prepared an exhibition cooking station in conjunction with Chef Kimberly Sporkmann from Kids First Rhode Island. Students sampled a roasted butternut squash whole grain pasta dish and apple cider from Jaswell farms.
- At Lincoln, Food Service Director Andrew Viveiros featured a variety of fresh Rhode Island fruits and vegetables. Students enjoyed oven roasted potatoes from Ferolbink Farms, fresh broccoli from Schartner Farms, apples from Hill Orchards and apple cider from Jaswell Farms.



Left: John McGrath sets up an exhibition cooking station (center). Right: a student from Lincoln makes locally grown fruits and veggies part of her school lunch.

Building Community: Election Day Painting Party

On November 4, nine ARAMARK Food Service Directors and managers chose to donate their time to paint the cafeteria at Scituate High School. After casting their votes early that morning, the team transformed the dining area by introducing colors that brighten up the cafeteria and make it more inviting.



Food Service Directors Derek Hague (N. Providence) and Andrea Gabelhart (Central Falls) show their painting skills.

Smart Snacking

Smart snacking can help children meet daily nutrient requirements that may be missed at meal times. Below are several nutritious tips for making fruits, vegetables, lean protein, low-fat dairy and whole grains appealing to your kids:

- Make a fruit kabob. Offer a selection of melon balls, berries, pineapple chunks, cubed peaches, pears or apples with frilled toothpicks. Children will love constructing their own snacks.
- Let them prepare their own mini sandwiches made with crackers or cut-up bread. Include lean chicken or lunch meat and cheese.
- Give them ingredients to build their own personal pizzas. Depending on your child's ages and appetite, they can use half an English muffin, a whole pita or a tortilla as a pizza crust. Spread tomato sauce over the crust and top with mozzarella cheese, chopped vegetables and lean meat. Heat for a few minutes in the toaster oven or microwave and then cut into triangles.



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