

North Providence School Department

What's New in Your Schools?

Welcome to your quarterly newsletter! We are excited to share our story with you! Over the past several months we have been serving up happy and healthy throughout the district with a variety of activities and programs.

Spring has Sprung in North Providence Public Schools Cafeterias!

North Providence High School offered Build your Own Yogurt Bowls for Lunch in February. It was so popular we had to offer it again in March, and it's on the menu for April too! This dish was loaded with Fruits & Protein!



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Spotlight:

North Providence students enjoyed new Salad Bowls every Thursday in the month of March for our Plant Power promotion.

One of the most popular was our Mediterranean Salad Bowl that featured Crisp Greens, Fresh Vegetables w/ Hummus & Tzatziki Sauce. The students at North Providence High School loved it.

Out of 500 Lunches served that day, 131 were Mediterranean Salad Bowls.

We even had several faculty who brought their own lunch in that day purchase it because it looked so good.



We Are Team North

Providence Public Schools

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



Pat Emilianowicz
Lead Food Service Worker at Centerdale ES

I love working at Centerdale ES because I love working with the younger children, it's like my extended family. When I'm not feeding the students of North Providence, I enjoy crocheting in my free time.



Gina Mastrostefano
Lead Food Service Worker at McGuire ES

My favorite thing about my job is my enjoyment of cooking and love the kids! When I'm not feeding the students of North Providence, I enjoy gardening!



Keri Sagaties
Lead Food Service Worker

My favorite thing about this job is working with a great team and having my kids as students in North Providence. When I am not feeding the students of North Providence service, I enjoy watching my kids play sports for the district.



Chef Christine working an event with Miss Pat at Centerdale to recognize National Carrot Day. All the students of North Providence were offered local carrots from Shartners Farm in Exteter, RI.

280 lbs. of carrots- that's a lot peeling and dicing!

Students of Centerdale ES enjoyed samples of a Carrot & Raisin Salad. They loved it!





Chartwells' program, Mood Boost, teaches students which foods help them feel their personal best.

The program introduces characters, “the Moodies”, (for elementary) and icons (for middle school) that focus on six moods: Strong, Alert, Happy, Calm, Smart, and Confident. Featuring mood-boosting foods and recipes from an exclusive Webtrition collection, along with fun promotional materials that feature the Moodies and simple and delicious recipes featuring healthy foods.

Mood Boosts Demonstrations offer fun interactive way for students to not only taste new dishes but learn about the effects that eating foods that are high in vitamins & minerals can affect how they feel. As well as learning with foods that have those effects.



On March 21st & March 28th students of Greystone Elementary & Whelan Elementary schools had the opportunity to sample Cucumber & Apple Salad and learn about how eating certain foods can affect your mood.

For example, did you know that eating Cucumbers & Apples can make you more Alert by helping with your memory & learning. They also help with energy production.

Chef Christine, along with Chartwells Registered Dietitian Cheryl Caro, joined forces to serve samples of this delicious salad, and share these fun facts in March.

Students also had the chance to grab the recipe and bring it home to try with families in their own kitchens.



Check out a great picture of the samples below.

Discovery KITCHEN

Each month, we introduce a new Discovery Kitchen theme featuring lessons, events and culinary demonstrations. These themes are designed to bring a fun and inspiring sense of food discovery to our students and school communities.

In February, students at McGuire received a cooking demonstration to promote healthy snacking, featuring Roasted Carrot Hummus from scratch.

Students were able to sample this delicious spread with a variety of cut vegetables & Whole Wheat Pita Bread.

The recipe was shared to encourage families to give it a try at home. Super easy to make with just a blender and a few ingredients!



Roasted Carrot & Ginger Hummus

Servings: 8
Serving size: 1/2 cup

INGREDIENTS

1 lb. Carrots, fresh
3 Tbsp. Oil, Canola
½ tsp. Salt
½ tsp. Cardamom, ground
2 oz. Cold water
1 Tbsp. Ginger root, fresh, minced
1/3 cup Lemon juice
½ cup Water
½ tsp. Black pepper, ground
3 Tbsp. Garlic, fresh, chopped
2 cans Garbanzo beans, drained, and rinsed

METHOD

1. Wash carrots. Leave skin on and remove tops.
2. Chop carrots into thirds and place in bowl.
3. Add 2 Tbsp. oil and salt.
4. Roast at 350 degrees for 20-25 minutes or until soft and browned.
5. When carrots are done add to blender with Cardamom, water, and ginger. Blend until smooth. Refrigerate.
6. Put garbanzo beans, garlic, water, and lemon juice in a blender or food processor and blend until smooth.
7. Add carrot mixture and blend until fully incorporated.
8. Enjoy with raw vegetables, pita or tortilla chips!

