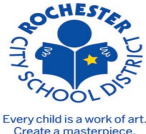


# RCSD FOOD AND NUTRITION NEWSLETTER

VOLUME 2

Issue 3

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## RECENT EVENTS



**We have been busy this spring!**

- ◆ Hosting student tours of our Central Kitchen
- ◆ Supporting community events such as the Bike Rodeo at School Number 10
- ◆ Providing nutrition education in schools
- ◆ Cooking demonstration conducted by Executive Chef, Rickey Tolbert, who highlighted his personal recipe for Chicken and Sausage Alfredo served with Chef Garden Salads.



◆ School Number 7 toured Central Kitchen and were allowed the opportunity to learn about how School Menus are developed and even try their hand at it.



They did a Great Job!



Sunshine

Unicycles

Marathons

Mindful Eating

Exercise

Refreshing Fruit



Click Picture Above For Link to Activities for Kids This Summer

## NEED ASSISTANCE?

Click on this link to [community resources](#) to find organizations which can help you and your family meet your needs.

Click on Picture for a list of Summer Meal Sites in your area.



## DID YOU KNOW?

Flavored milk delivers the same key nutrients as regular milk to meet critical nutrition needs for young growing students. Studies show that when flavored milk is offered, students drink twice the amount of milk therefore getting the critical bone-building nutrients of calcium, Vitamin D, phosphorus, and magnesium and therefore helping to prevent osteoporosis later in life.

GO TO

<http://chartwells.compass-usa.com/RCSD/Pages/Home.aspx>  
To Learn More About Our Menus, Food Service Department and Nutrition News!

## THE IMPORTANCE OF STAYING HYDRATED

Water aids circulation, nutrient absorption and helps regulate the body's cooling system

### REDUCES FATIGUE AND HEADACHES

Although water does not provide energy in the same way carbohydrates and fat do, it plays an important role in energy transformation.

### HELPS IN WEIGHT LOSS

Water can suppress appetite naturally and increases the body's

## Special Dietary Accommodation Forms:

Does your child have food allergies? Please ask the school or go to the website for the dietary form to assist us with providing safe and nutritious meals to your student.

## CONTACT FOOD AND NUTRITION SERVICES

585—336—4104

Food Service Director

David Brown

Resident District Manager

Bandeke Akinniyi

Resident Dietitian

Alexandra TePoel

