## YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER



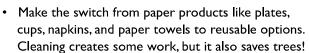
April 2022

## Earth Day

What does it mean to "go green"? It simply means being mindful about the choices we make and their impact on the environment. We all get to share this beautiful planet of ours —and together, we can make a big difference for the future!

Here's a list of ideas you can implement this month to reduce waste and improve your impact!

- Chargers continue to use electricity, even when they're not plugged into a device. When you're done charging, unplug!
- See how often you can turn off the faucet when you're using the sink between dishes, while teeth brushing, or even as you wash your hands. Little breaks add up!



Time to Party!

April 3 is World Party Day! You never need a reason to celebrate, but if you want one, check out the National Day Calendar. April has 249 holidays and each one could be its own party day!

Here are some of our favorites and some history to go with:

April I: Walk to Work Day https://nationaltoday.com/walk-to-work-day/

**April 7: World Health Day** https://nationaltoday.com/world-health-day/

**April 14: National Gardening Day** https://nationaltoday.com/national-gardening-day/

April 21: National High Five Day https://nationaltoday.com/national-high-five-day/

April 28: Take Our Kids to Work Day https://nationaltoday.com/take-kids-work-day/

Source: https://kidshealth.org/en/kids/go-green.html

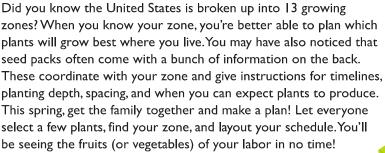
## Plan to Plant











Click here to find your zone: https://planthardiness.ars.usda.gov



We're rethinking school meals!

Join us as we celebrate the good work

rethinkschoolmeals.com

Brought to you by: Chardon Food Service Josephine Culliton SNS

