

CHARDON FOOD SERVICE NEWSLETTER

A Monthly Newsletter by Chardon Food Service
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Pick 3 Free!

Bringing your
lunch from home?

Add a fruit, veggie
and milk for **FREE!**



Through December, breakfast and lunch are free for all students.
Students bringing lunch from home must pick 3 to count as a free lunch.
Students can also purchase additional a la carte items.

FREE Meal Kit Distribution will continue at Curbside Pick-Up High location throughout the year! Curbside Pick-Up will be on Wednesdays from 8:00-8:30

Curbside Pick-Up provides an opportunity for families to drive-thru and pick-up free grab & go meal kits for all children 18 & under. Pick-up a free grab & go meal kit. Children do not have to be present to receive a free grab & go meal kit. A student's ID number is not needed to receive a free grab & go meal kit.

Free grab & go meal kits need to be pre-ordered each week by Thursday at 12:00 p.m. All participants, including enrolled Chardon students encouraged to complete the pre-order form to help with order forecasting. Families will provide the number of requested grab & go meal kits.

<https://www.chardonschools.org/FoodService.aspx> for the online pre-order form.

Chardon Local Schools

FREE School meals for all students

Schools will continue to provide free meals to all children 18 & under, or under the age of 21 for youth with special needs. All children, regardless of school enrollment or meal eligibility status, can receive free meals.





Café Job Openings

Chardon Schools Food Service Department

We are now hiring part-time Substitute café workers! We follow the CLSD calendar for holidays and breaks. We are seeking long-term committed individuals to join our school café team. **APPLY TODAY!**

<https://www.chardonschools.org/Employment1.aspx>



Apply Today!
Even though all students will temporarily receive free meals, all households are encouraged to complete a meal application. The District relies on meal applications to fund additional programs and services for students. It's more than just free meals! Once the extension of USDA waivers expires, students will be charged for their meals based on their meal eligibility status (free, reduced, or full pay). If there is an interruption in benefits or the household does not reapply, the household is responsible for payment of meals until the application is approved. A new application must be completed every school year. Visit

https://www.chardonschools.org/Downloads/FreeReduced2020-2021_online%20app2.pdf

to begin the online Free & Reduced Meal application.

IT'S MORE THAN JUST FREE MEALS!

ONE MEAL APPLICATION AFFECTS MANY AREAS



ATHLETICS

Discounted fees for pay to play.

COLLEGE APPLICATIONS

Discounts for fees associated with college application processes.



SCHOOL FUNDING

Increased funding to support students' access to top-notch education.



STANDARDIZED TESTS

Discount fees for SAT, ACT & AP tests.



COMPUTER NETWORK

Additional funding for internet access & wireless service.

SCHOOL MEALS

Free or reduced price for nutritious & balanced school meals.



Happy Thanksgiving. There are so many things we are thankful for this year, but at the very top of that list is our Chardon Students and Families . Wishing you a wonderful holiday filled with the warmth and happiness of the season.

BRIGHTEN YOUR PLATE

Fill Up on Fruits and Veggies!

Why is a diet full of fruits and vegetables important?

Fruit and vegetables have important nutrients, including vitamins and minerals! Your child is growing rapidly and nutrients help your child grow to be healthy. Some benefits of the nutrients in fruits and vegetables include: helping with your vision, bone health, memory and brain function. Eat fruits and vegetables every day to give you and your child important nutrients, including vitamin A, vitamin C, potassium, and more!

List some of the colorful fruits and vegetables you ate as a family this week!

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Aim for at least 2 cups of vegetables and 1 and 1/2 cups of fruits in your child's diet every day. Mix it up with fresh, canned, frozen, or dried! Even 100% fruit juice counts, but fruits and vegetables in their whole form provide vital nutrients such as fiber that aren't in juice.

Half Your Plate

Fill half of your plate with fruits and vegetables at each meal! Choose a variety of fruit and vegetables when grocery shopping so that you can have more than one option at each meal. Fruits and vegetables are a perfect snack during the day or a side dish for lunch or dinner. Remember, using frozen fruits and vegetables can be a great time-saver

HEALTHY FAMILY CHALLENGE

Make it a goal to eat every color of the rainbow by the end of the week!

Have your children choose one fruit and one vegetable for the shopping list.

This institution is an equal opportunity provider.