

# St. HOPE Public Schools August Newsletter

## Welcome Back!

At the heart of Chartwells are a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring St. HOPE's Scholars leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best food service possible.



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chartwells   
serving up happy & healthy

# 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.

August is Bring on Breakfast month in the cafes where we'll be engaging students with delicious recipes, interactive demos, and fun and informative nutrition education. Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.

Studies show that breakfast can support a student's learning throughout the day, leading to increased focus, fewer absences and better test scores. Students will learn how to make breakfast fun and impactful with the Discovery Kitchen events in their cafeteria in August.



## A Reason to Celebrate!

### August 3: National Watermelon Day

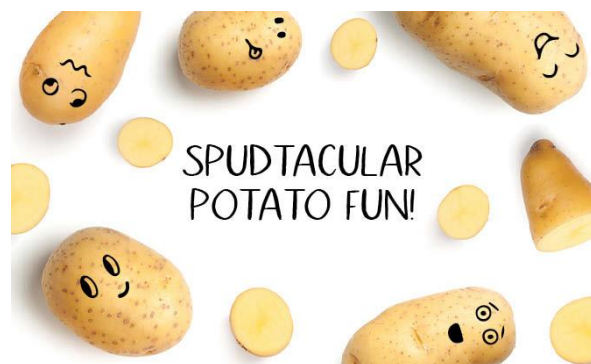
National Watermelon Day on August 3 recognizes the refreshing summertime treat enjoyed at picnics and fairs! And since watermelon is 92% water, it is very satisfying in the summer heat.

### August 4: National Chocolate Chip Cookie Day

Imagine if Ruth Graves Wakefield hadn't run out of baker's chocolate for her cookie recipe that day in 1937. Because that's what happened. The cookie recipe she was preparing called for baker's chocolate and would have blended smoothly into the dough. However, she was out. Mrs. Wakefield used semi-sweet chocolate instead, figuring it would just melt into the dough and work much like the baker's chocolate.

### August 19: National Potato Day

Whether baked, fried or mashed, these taters bring on the flavor. They are a staple of many meals, too. Filling a void for appetizer dishes and working double duty at suppertime, these versatile root veggies satisfy and fill us up.



# Bring on BREAKFAST

Bring on the day!

**1.** Long periods without eating are called “fasts”. The word breakfast refers to the first meal eaten in the day after a night of sleeping, since you are breaking a fast.



**2.** Cereal is one of the popular breakfast foods in the United States –almost one third of all breakfasts eaten are cereal. Each American consumes an average of 160 bowls of cereal per year.

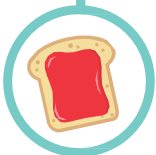


**3.** The world's first breakfast cereal was created in the 1800s and had to be soaked overnight to make it chewable.

**5.** A delicious way to sweeten cereal or oatmeal is by adding fruit, like berries or sliced bananas. Bananas are the most popular fruit and about 50% of them are eaten with breakfast.



**4.** Oatmeal, a breakfast staple, is versatile and can be enjoyed hot or cold, plain or topped with sweet fruit or savory proteins. This whole grain has plenty of fiber and promotes a healthy heart.



# Bring on **BREAKFAST**

Bring on the day!

**6** Try to choose at least 2-3 different foods to create a balanced breakfast, such as whole grain toast, a hardboiled egg, and an apple to give you enough fuel to power through your morning.



**8** Studies have shown that eating breakfast can lead to improved memory, concentration, and test scores in math, reading, and science.

**10** Americans love breakfast so much that we celebrate Better Breakfast Month in September, Hot Breakfast Month in February and we even honor our favorite breakfast foods like cereal, eggs, waffles, pancakes, and oatmeal with their own special days!

**7** Eating breakfast with enough fiber and protein will help you feel full longer into the day, which makes it easier to focus in class. Try a fruit and yogurt parfait with granola and a carton of milk.

**9** School breakfast is tasty and packed with essential nutrients. Students who eat school breakfast are more likely to consume enough calcium, fiber, and potassium than those who don't.

