



SCHOOL NUTRITION AND FARM2SCHOOL NEWS

Edition 3
August 2024



SCHOOL NUTRITION NEWS

FOOD FOR KNOWLEDGE
AMANDA REILLY
NUTRITION DIRECTOR
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- Breakfast and Lunch at all sites
- FFVP at all Elementary sites
- Scratch Cooking
- Fresh Baked Bread Daily
- Local Food at all sites
- Meal Changes for Allergy issues available



WELCOME BACK TO SCHOOL!!
WE WANT TO PROVIDE POSITIVE STUDENT MEAL EXPERIENCES FOR ALL!
THIS INFORMATION WILL BE HELPFUL



ALL STUDENTS MAY DECLINE--
1 ITEM AT BREAKFAST AND 2 ITEMS AT LUNCH.

A COMPLETE MEAL IS OFFERED AT EACH MEAL SERVICE BUT STUDENTS MAY CHOOSE TO REFUSE SOME ITEMS IF THEY WISH.

CERTAINLY NOT ALL STUDENTS ENJOY ALL FOODS OFFERED, SO THIS IS A PRACTICAL WAY FOR STUDENTS TO CHOOSE.

FOR LUNCH, STUDENTS MUST HAVE 1/2 CUP FRUIT OR VEGETABLES ON THEIR TRAY IN ORDER FOR IT TO BE A COMPLETE MEAL PER USDA.

ELEMENTARY STUDENTS ARE ENCOURAGED TO RAISE THEIR HANDS, POLITELY STATING WHICH ITEMS THEY ARE REFUSING.

MS/HS CAN SIMPLY REFUSE POLITELY.

THE 24-25 FREE AND REDUCED PRICE MEAL APPLICATION IS ACTIVE!
ALL FAMILILES ARE ENCOURAGED TO COMPLETE THE APPLICATION
INCOME ELIGIBILITY GUIDELINES ARE INCLUDED IN THE APPLICATION PACKET



FOOD FOR THOUGHT

PLEASE COMPLETE ALL SECTIONS OF THE APP, ESPECIALLY THE SSN SECTION AND A SIGNATURE.

EACH FAMILY WHOM APPLIES WILL RECEIVE A LETTER EXPLAINING THEIR STATUS



APPS CAN BE ACCESSED AND COMPLETED ON THE SCHOOL WEBSITE OR PAPER COPIES CAN BE OBTAINED AT EACH BUILDING SITE.

THREE LANGUAGES ARE INCLUDED AND INTERPRETERS ARE AVAILABLE FOR ASSISTANCE.
CONTACT DAWN MARSHALL, LIASON 605-353-6975
EXT. 1 FOR INFORMATION

DID YOU KNOW?

AS SUMMER WINDS DOWN AND WE READY FOR SCHOOL TO BEGIN, THERE SHOULD BE AN EMPHASIS ON HEALTH AND WELLNESS. THOSE TWO WORDS MEAN DIFFERENT THINGS TO EACH PERSON.

BEING "HEALTHY" RELATED TO SCHOOL COULD MEAN, GETTING ENOUGH SLEEP AT NIGHT, EATING 3 BALANCED MEALS A DAY AND NUTRITIOUS SNACKS, HAVING A ROUTINE OR GETTING ENOUGH PHYSICAL EXERCISE. WHATEVER THE DEFINITION FOR YOU, THEY ARE ALL IMPORTANT. PROPER SLEEP IS IMPORTANT TO RE-CHARGE OUR BATTERY SO TO SPEAK TO BE ABLE TO FOCUS AND LEARN. EATING THREE BALANCED MEALS A DAY AND SNACKS HELPS TO FUEL THE BODY AND MIND. BREAKFAST IS ONE OF THE MOST IMPORTANT MEALS, IT "WAKES UP THE BRAIN" SO WE CAN LEARN. HAVING A ROUTINE CAN ALSO BE HEALTHY, A REGULAR BEDTIME OR WAKE UP TIME ARE EXAMPLES. A ROUTINE CAN HELP TO START YOUR DAY OFF RIGHT.

WELLNESS AS IT PERTAINS TO SCHOOL COULD MEAN HAVING REGULAR MEDICAL CHECKUPS LIKE A WELL-CHILD EXAM, SEEING A DENTIST OR THE EYE DOCTOR ON A REGULAR BASIS. THESE ALL ARE IMPORTANT TO MAKE SURE THE CHILD IS GROWING AS EXPECTED, THEY ARE UP TO DATE ON THE REQUIRED IMMUNIZATIONS, THERE ARE NO DENTAL OR VISION ISSUES THAT WOULD IMPAIR LEARNING. HEALTH AND WELLNESS IS INDIVIDUALIZED FOR EACH PERSON BUT WHATEVER IT MEANS WE WANT TO HAVE A GREAT, SUCCESSFUL START TO THE NEW SCHOOL YEAR AND MAYBE, JUST MAYBE ESTABLISH SOME HEALTHIER HABITS.

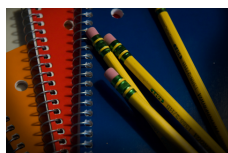


FOOD FOR ACTION

BACK-TO-SCHOOL TIPS FOR FAMILIES

INTENTIONAL CONVERSATION ABOUT BACK TO SCHOOL WILL BE HELPFUL AS EVERYONE HITS THE BOOKS!

POINT OUT THE POSITIVE ASPECTS OF SCHOOL STARTING TO HELP YOUR KIDS LOOK FORWARD TO THE FIRST DAY OF CLASS. TALK ABOUT HOW THEY WILL SEE OLD FRIENDS AND MEET NEW ONES, FOR EXAMPLE.

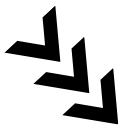


FIRST DAYS ARE ROUGH FOR EVERYONE, REMIND YOUR CHILD THAT TEACHERS KNOW ABOUT BEING NERVOUS, THEY ARE ARE READY TO HELP!



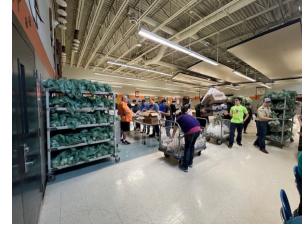
CREATE A BEDTIME ROUTINE THAT IS CONSISTENT TO HELP YOUR CHILD SETTLE DOWN AND FALL ASLEEP. FOR EXAMPLE, A CALMING PRE-BEDTIME ROUTINE MAY INVOLVE A BATH/SHOWER, READING WITH THEM, TUCKING THEM IN AND SAYING GOODNIGHT.

HAVE YOUR CHILD TURN OFF ELECTRONIC DEVICES WELL BEFORE BEDTIME. TRY TO HAVE THE HOME AS QUIET AND CALM AS POSSIBLE WHEN YOUNGER CHILDREN ARE TRYING TO FALL ASLEEP.



FARM2SCHOOL NEWS

Karla Sawvell, F2S Coordinator Huron School District



REAL FOOD CONTINUED INTO OUR SUMMER GRAB N' GO BAGS. BEADLE CONSERVATION FARM WAS A BIG PARTNER IN PROVIDING SOME VEGETABLE VARIETIES INCLUDING SWISS CHARD, GREEN BEANS, SNAP PEAS, YELLOW CARROTS AND CUCUMBERS.

THE SUMMER GRAB AND GO BAGS WERE SO SUCCESSFUL! A LOT OF WORK WENT INTO THE PREPARATION PROCESS AND THE PICK UP DAYS! MANY THANKS TO ALL THOSE WHO HELPED! A TOTAL OF 85,740 MEALS WERE SERVED THIS SUMMER!



FOOD FROM YOUR FARMER

LARSON MELONS

WOONSOCKET, SD

HURON SCHOOL DISTRICT'S VERY OWN RALEIGH LARSON, RN CONTRIBUTED THIS ARTICLE ABOUT HER FAMILY'S FARM!



LARSON'S MELON MARKET HAS PROVIDED MELONS FOR 72 YEARS. WHEN IT FIRST OPENED UP IN 1952, STAND TRADE WAS ITS MAIN SOURCE OF INCOME. OVER THE YEARS, BUSINESS EXPANDED TO GROCERY STORES IN SOUTH DAKOTA, NORTH DAKOTA, AND MINNESOTA. WE ARE NOW PROUD TO HELP WITH THE FARM TO SCHOOL PROGRAM AND LOVE PROVIDING WATERMELON AND MUSKMELON FOR SCHOOL LUNCHES.

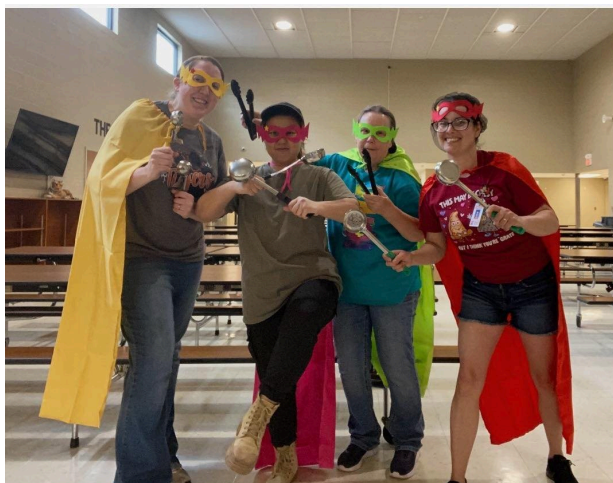
WATERMELON AND MUSKMELON USUALLY RIPEN LATE JULY OR EARLY AUGUST. BEFORE WE GET TO THE SWEETNESS OF EATING MELONS, MUCH WORK IS PUT INTO THE PROCESS OF GROWING THEM, AND IT ALL STARTS IN WINTER! IN JANUARY, WE DECIDE HOW MANY PLANTS WE WOULD LIKE TO PURCHASE. KIETZER FARMS IN MICHIGAN GROW PLANTS SO WE CAN TRANSPLANT THEM IN MAY. WE PUT THE PLANTS IN THE GROUND BY RIDING ON A PLANTER THAT HOOKS UP TO THE BACK OF A TRACTOR. THERE IS A WHEEL WITH A SPIKE THAT CREATES A HOLE IN THE GROUND. THE HOLE IS FILLED WITH WATER AND THEN WE PUSH THE PLANT DOWN INTO THE HOLE. IT'S A 3 PERSON TEAM, BUT TOGETHER WE GET THE WORK DONE! IN EARLY JUNE, WE PLANT SEEDS IN THE DIRT WITH A CORN PLANTER. PLANTING PLANTS IN MAY AND SEEDS IN JUNE ENSURES WE HAVE AN EARLY AND LATE CROP. JUNE AND JULY ARE THE GROWING SEASON FOR OUR MELONS, BUT ALSO FOR WEEDS. WE HOE A COUPLE TIMES EACH MONTH TO KEEP THE WEEDS UNDER CONTROL.

WHEN IT'S TIME TO PICK, WE WALK THE PATCH TO FIND RIPE MELONS. MUSKMELONS TURN YELLOW AND THEIR STEMS START TO CRACK WHEN THEY ARE RIPE. WATERMELONS ARE A LITTLE TRICKIER. SOME HAVE CERTAIN STRIPES, THE CURLER ON THE STEM DRIES, AND THERE IS A FAMOUS "THUMP" OR "RING" SOUND THAT HELPS US TO KNOW WHEN THE WATERMELONS ARE READY TO EAT. WE ENJOY OUR SWEET FRUIT FROM THE FIELDS, BUT SO DO OUR LOCAL PREDATORS! DEER, RACCOONS, COYOTES, AND EVEN GRASSHOPPERS LOVE TO MUNCH ON MELONS!

COLD SWEET WATERMELON AND MUSKMELON ARE THE PERFECT SWEET TREAT ON A HOT SUMMER DAY. WE LOOK FORWARD TO PROVIDING LOCALLY GROWN MELONS TO THE STUDENTS.

FOOD FOR FUN!

SCHOOL LUNCH HERO DAY MAY 1, 2024



WASHINGTON 4-5
CENTER
◀◀◀



BUCHANAN K-1 CENTER

MADISON 2-3
CENTER



Our School Lunch Heroes!



LET'S GIVE THESE
DEDICATED
EMPLOYEES A ROUND
OF APPLAUSE!!!



HIGH SCHOOL



MIDDLE SCHOOL