

9/1/10 Back to School Orientation for Westerly Middle School

Food Service Director Mary Piccolo has invited Kids First Associate Director Karin Wetherill and Power Up Coordinator Sandra Sepe to participate in the Westerly Middle School Orientation Picnic for 5th grade students. Karin and Sandy will discuss the importance of starting the day with a healthy breakfast and a display table will be set up to showcase the “Grab & Go Breakfast” that will be available to students at school every morning before classes begin.

9/9/10 Staff Training and Recipe sampling at North Providence High School

North Providence High School Food Service Director Derek Hague wants students to be involved in selecting food items for the school lunch program. He has invited Kids First Chefs Sandra Sepe and Marisa Anand to train the food service staff to create some tasty bean recipes for students to sample and give their recommendations for future inclusion in the school lunch program.

9/13/10 Eating Healthy on a Budget at Martin Luther King Center

Coordinator Marilyn Warren of the Martin Luther King Center in Newport has invited Kids First Chef Marisa Anand to provide a presentation with simple recipes and techniques for healthy and inexpensive meal preparation. A chili recipe and pasta salad will be prepared and served to the participants. Recipes will include seasonal RI grown products. Food safety concepts, nutrition facts and tips for overall wellness will be included. The Center will provide healthy drinks for participants.

9/16/10 Local Lunch Day at Wickes Elementary School

More information coming soon

9/16/10 Local Lunch Day at Exeter/West Greenwich Middle School

More information coming soon

9/16/10 Local Lunch Day at Edgewood Highlands School

More information coming soon

9/21/10 Family Resource Fair at John F. Deering Middle School

Planning Committee Chair Laurent Lamothe has invited Kids First Power Up Coordinator Leah Sarris to participate in the Family Resource Fair at John F. Deering Middle School in West Warwick Through interactive learning stations, Leah will provide information on the RI Nutrition Requirements and the importance of fruits and vegetables and whole grains to a healthy diet.

9/23/10 Local Lunch Day at Narragansett Elementary School

Food Service Director Karen Orabona has invited Kids First Power Up Coordinator Leah Sarris to assist food service staff during the Local Lunch Day at Narragansett Elementary School. Fruits and vegetables from local farms will be used for a delicious meal

consisting of a RI Stir Fry, salad and peaches. To further celebrate our RI Grown produce and support our local farms, students will have a visit from a local farmer and will receive RI Grown stickers and Farmer Trading Cards.

9/27/10 RINR Overview at Amgen

Amgen Project Director Sherry Flaherty has invited Healthy Schools Coordinators Karin Wetherill and Carole Toselli to make a presentation to employees to explain the RI Nutrition Requirements and discuss the West Greenwich school district Health and Wellness Committee initiatives.

9/29/10 Lunch Aide Training at Frank Thompson Middle School

Director of Student Services Amy Donnelly Roche has invited Kids First Healthy Schools Coordinator Carole Toselli and Chief Dietitian Mary-Elena DeLuca to present a training for lunch aides at Frank Thompson Middle School in Newport. Since the establishment of RI NR, there have been many positive changes to the school lunch program with new tasty recipes featuring more fruits and vegetables, whole grains and legumes. This training will help lunch aides learn techniques to successfully encourage students to eat the array of foods offered and try foods that they may be unfamiliar with. Students will also be encouraged to take all meal components of the school lunch to ensure a balanced meal. The training will also include the opportunity for participants to examine their own wellness practices.

9/29/10 Local Lunch Day at South Kingstown High School

Food Service Director Karen Orabona has invited Kids First Power Up Coordinator Leah Sarris to assist food service staff during the Local Lunch Day at South Kingstown High School. Fruits and vegetables from local farms will be used for a delicious meal consisting of a RI Stir Fry, salad and peaches. To further celebrate our RI Grown produce and support our local farms, students will have a visit from a local farmer and will receive RI Grown stickers and Farmer Trading Cards.