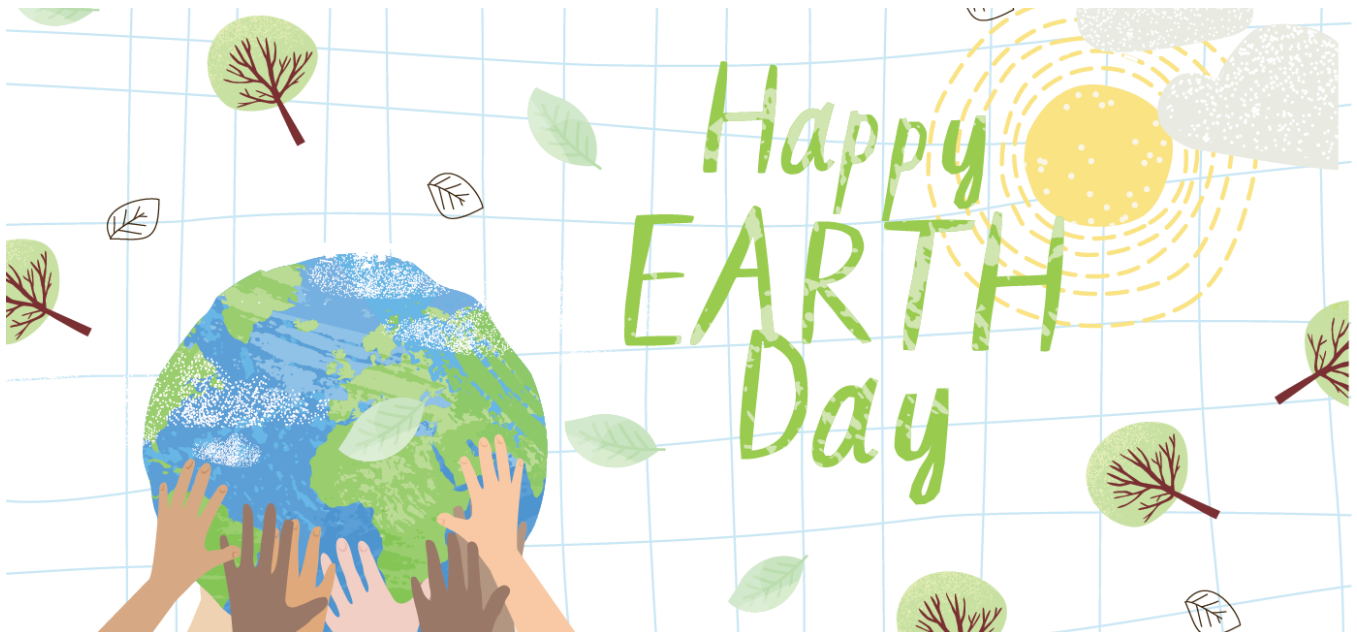


Three Rivers April Nutrition Newsletter



What's Shakin in Dining?

This month in the cafeteria, we learned about Stopping Food Waste and becoming waste warriors..

The end of the school year is quickly approaching, most schools are planning End of the Year cookouts!



April features in the Fresh Fruit and Vegetable Program – students were able to sample different colors of cauliflower. As well as enjoy fresh red Raspberries and crunchy Sugar Snap Peas.



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This Month in Discovery Kitchen

Did you know that wasted food is the single largest category of material placed in municipal landfills? Or that 40 percent of our food supply is wasted and that each of us throws away nearly 300 pounds of food each year? During April in the school cafeteria, students will be able to participate in a variety of Discovery Kitchen activities and experiences with our “Be A Waste Warrior” theme. Since April is Earth Month and April 24 is Stop Food Waste Day, we will be featuring foods and programs that highlight the many ways that students and the community can make a difference in reducing food waste, in addition to activities designed to help them consider resources and protecting the environment.

Chefs and dietitians have organized activities for students to taste and learn about delicious plant-based foods, while increasing awareness about food waste and environmental impact.



Evergreen

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