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Teal Pumpkin Project

Every child should be able to experience the joy and tradition of trick-or-treating on Halloween. But kids with food allergies are often left out of the fun, since most candy is off limits.

The Teal Pumpkin Project helps make sure all children will be able to enjoy the holiday. It just takes one simple act: offering non-food treats, such as trading cards, stickers or small toys, as an alternative to goodies.

On Monday October 31st the students were introduced to the Teal Pumpkin Project by having a Lucky Tray Day. The lucky winners received a colored glow in the dark bracelet to help them safely Trick-or-Treat.



Remmi Smith

I don't know where you live, but if you're like me and you are in the middle of a cold winter, you likely agree that nothing fights the chills and wintry weather like a big pot of hot soup. In fact, I am getting warm just thinking about it. Not only is January cold here, but it is also National Soup Month, so I thought it was the perfect time to share the recipe for one of my healthy and hearty soups featuring one of my favorite grains...barley!

Did you know barley was considered the most important grain in Europe up until the 16th Century? It was used as the measuring standard and it was also important enough to be used as money. King Edward the First set the measuring standard with 3 "barleycorns" equaling an inch. Here is a [site](#) where you can learn more fun facts about barley.

Barley is considered a "super food" because of its high fiber content. It is also a very flexible grain as it can be served as a breakfast cereal, a great addition to soups and can also be a substitute for pastas and rice. It has a slightly chewy texture like pasta and a really creamy taste.

I used this grain in my vegetarian chili dish not only as a thickener, but also as a compliment to the hearty bean ingredients. Barley adds that creamy indescribable flavor I love!