



HOME AT HSSD

The HSSD School Food Service has been partnering with Live54218 in an effort to bring Farm to School to our district. In conjunction with this program, we are presenting a Harvest of the Month Experience (HOME) to highlight different fruit or vegetable items through the lunch lines. Offering new experiences with fruits and vegetables will help your child learn how to make healthy food choices. Kids who eat more fruits and vegetables have more energy and perform better in school.

You can help to make this a positive experience for your children by:

- Reviewing the HOME schedule on the lunch menu and encouraging them to try the fruit or vegetable being sampled.
- Reading the Harvest of the Month Family Newsletter included with your school newsletter.
- Talking with them about the HOME foods being presented and sharing activities, recipes, and other information and ideas offered in the family newsletters.

In February, our HOME included edamame and hummus. Our focus for March will be on mixed greens; we will be offering a variety of greens for students to try through our salad bar. Visitors are welcome at lunch, so please feel free to join us.

We hope that exploring ways to creatively prepare, serve, and taste new foods through this program will be a positive experience for all. For more information about the Live 54218 and the Farm to School program, go to: <http://www.live54218.org/eat-smart-get-active/farm-to-school/>