



# Green and Healthy

## Lunchroom Demystified Welcome back to another Green and Healthy year at PS 321.

What's for lunch? In this newsletter you will get an exclusive sneak-peek into the lunchroom, see how you can get some really good eggs (and more) and learn how to be a recycling pro.

Stay Green and Healthy!

The PS321  
Green&Healthy  
Mission:  
Instilling  
Everlasting  
Green &  
Healthy values  
in our kids.

## PS 321 Is Beating The Lunch Crunch

### New Lunch Hours:

**First Lunch Period: 11:05 - 11:55**

**1st grade 11:05 – 11:30**

Teachers: Rebecca/Karen

**2nd grade 11:30 – 11:55**

Teachers: Frank/Joe

**Second Lunch Period: 12:00 – 12:50**

**12:00 – 12:25**

**4th grade (M,W,F)**

**5th grade (T,TH)**

Teachers: Allegra/Victor

**12:25 – 12:50**

**3rd grade**

Teacher: Gloria

To volunteer  
in the lunchroom  
or at the salad bar  
email Serena Leigh  
Krombach: [slkrombach@gmail.com](mailto:slkrombach@gmail.com)

### Third Lunch Period:

**12:55 – 1:45**

**12:55 – 1:20**

**Kindergarten group A  
classes** Teacher: Maria

**1:20 – 1:45**

**Kindergarten Groups B classes**

Teacher: Nancy



Lunch at PS 321 is an important part of every day school life. It allows kids to refuel for the day and socialize outside the classroom. It is also a logistical masterpiece. Seating and feeding close to 250 children in a matter of 20 minutes - 6 times a day - is no easy task. "Spreading lunch over three sessions this year helps lunch periods be calmer and less crowded," explains principal Liz Phillips. Additional staff presence at Kindergarten lunch helps start good habits young.

Each session, teachers and staff file classes to their designated tables, oversee table manners, help open lunch boxes and water bottles, and encourage children to become avid recyclers. They do an incredible job in the lunchroom. Yes, at school, your kids will raise their hand to ask if they can get some water or use the bathroom. Teachers make sure the focus is on eating, while clap rhythms, silent cheers, rewards and the promise of Karaoke Fridays help lunch be surprisingly civilized, efficient and fun. "I loove when our class has the most stars and we get to choose to sit with friends from other classes on Fridays," says 3rd grader Leonie Schwetlick.

Parents are needed to support teachers in running a smooth lunch period. "We always welcome lunchroom volunteers, especially for 1st and 2nd grade, and have very flexible sign-up schedules," emphasizes lunch-room coordinator Serena Leigh Krombach. "At the salad bar and recycle station these extra hands make all the difference," she adds. "It's so rewarding to interact with the kids when they come to the salad bar. They are polite and very serious about their salad and dressing choices," says parent helper Gwynne Gauntlett.

The mutual support is recognized by all. "I really appreciate all of the parent volunteers who come so regularly to help out. Thank you!" emphasizes music teacher Frank McGarry, who oversees part of 2nd grade lunch. "Volunteering in the lunchroom was hands down one of the most insightful glimpses into understanding more about 321's logistical operations and the social scene of the grades and classes," explains parent helper Grace Kellum. "Thank goodness for our phenomenal teachers who are there and remind the kids to focus on eating!" she adds.

At PS 321, staff and parents work with School Food Management to make sure fresh fruits, vegetables and other healthy options are always offered in the cafeteria. To sign up for school lunch, visit [www.mylunchmoney.com](http://www.mylunchmoney.com), open an account and fund it with a credit card. The Salad Bar is available every day for all kids who get school lunch. "The school lunch option really gives me the flexibility I need," says Rita Ryan, parent of a 3rd grader, 1st grader and Kindergartener. Son Michael adds: "I like the salad bar because it's healthy and it tastes really good and it has all my favorite vegetables. My friends like it, too. " For kids who bring home lunch, it is equally important that parents do their part. Think about a healthy lunch, water instead of juice, and reusable containers that are easy to open. "I try to pack a couple different cut or bite-size vegetables and a fruit, with a protein and a whole grain which assures me that the kids will get nutrients essential to their development and beneficial to helping them perform in school," says parent Grace Kellum. Packing a no-waste lunch maximizes time to eat during an already short lunch break (15-20 minutes). Dealing with trash and recycling can add to lunchroom stress, especially for younger kids. Eat – pack up, and be done!

#### 4 Steps to Stay on Board

- Talk about what leftovers can be brought home.
- Pack a "bring-home" garbage bag or container for dirty recyclable plastics.
- Use reusable sandwich wraps and containers (yogurt, applesauce, raw vegetables or crackers) for single serve portions too!
- Include reusable utensils.

**TIP: Check what's for lunch every day at [www.ps321.org](http://www.ps321.org)**

### Expert Chat

Green and Healthy chats with Charrelle Staton, School Food Manager NYC DOE, SchoolFood Services District 15.

**G&H:** Can you explain to us what kind of school lunch menu is offered at PS 321?

**CS:** Currently PS 321 is using the K-8 Alternative menu. This menu offers more healthy options for students in the lunch line. Some items that are excluded from this menu are taco meat, beef burgers and any breaded product such as chicken patties.

**G&H:** Food additives, preservatives, and high sugar contents have parents on the edge. They worry that they don't know what is in the food that is offered in the cafeteria. Could you address these concerns?

**CS:** SchoolFood does not use any food additives, sweeteners, or preservatives.

**G&H:** Please tell us about the salad bar and what is offered there.

**CS:** SchoolFood offers a full salad bar five days a week for the students at PS 321. Everyday a green salad is offered along with complementary items like cucumbers, peppers, tomatoes, carrots, etc. Another great aspect of the salad bar are the homemade salad dressings.

**G&H:** Many parents choose to pack a healthy lunch from home. How do you think school lunch can be a good alternative?

**CS:** Students have more than one option in the lunch line at PS 321. Every day they have a hot meal, peanut butter and cold cheese sandwiches, salad bar and fresh fruit. We also offer hot cheese sandwiches three times a week.

**G&H:** We are excited to have Grab-and-Go for 5th Graders on Mondays, Wednesdays and Fridays, and for 4th Graders on Tuesdays and Thursdays. Can you tell parents more about that?

**CS:** We now offer the students who wish to eat outside of the building a Grab & Go lunch meal. The meals will consist of a peanut butter & jelly or cheese sandwich, carrot sticks, milk and a fruit.

Charrelle, Thank you so much for your time. We appreciate your support in our efforts to instill Green and Healthy values in our kids.

## Order up fresh and local groceries

**The PS 321 Green & Healthy Committee is excited to announce that PS 321 has partnered with Good Eggs:**

We are now a pick-up location for locally-sourced groceries. Good Eggs allows you to shop online for farm-fresh fruits and veggies, sustainable fish, grass-fed meats, baked goods, prepared meals, and more. Twice a week, you'll be able to pick up your groceries at the same time you pick up your kids.

PS 321 pickup will take place from 2:30 - 3:30 on Mondays and Thursdays. Groceries will be bagged and ready to go at the Good Eggs van parked on 2nd Street between 6th and 7th Avenues.

To take advantage of this service, place your order online at least 36 hours in advance of pickup at [www.goodeggs.com](http://www.goodeggs.com) and choose PS 321 as your pickup location.

## Plantville Garden stocked for Harvest Day

After undergoing a major renovation our beautiful school garden is now reopened for students to learn and explore. Garden co-chair Amy Crews: "We're excited having the kids back into their garden!!" On October 29, 2014 students will enjoy the garden's harvest in a specially prepared lunch for Harvest Day - always a student favorite. With our longtime garden co-chair Patty Intrator 'graduating' PS 321 at the end of the school year, the committee is looking for a co-chair in training. If you have a passion for gardening and enjoy bringing the thrill of growing food to kids, contact Amy Crews at [acrews@radercrews.com](mailto:acrews@radercrews.com)

## PS 321 On The Forefront Of Recycling

Green and Healthy is proud to introduce the 4 bin recycling system at PS 321, which was developed over the summer in a cooperative effort between teachers, staff and parents. "We knew this had to be an easy to follow, easy to remember process in order to have a lasting impact," says parent sustainability coordinator Kevin McPhee.

The children now pass 4 bins on their way out of the lunchroom or gym:

**Liquids:** Pour milk, juice, and water in the bucket.  
**Recycle:** Milk cartons, juice boxes, plastic water cups, plastic utensils, straws, aluminum foil and hard plastics if they are clean enough.

**Compost:** Food scraps, food-soiled paper, and trays

**Landfill:** Juice pouches, ziploc bags, plastic or foil wrappers, yogurt squeezers.

Help us have as little in this last bin as possible!

**Tip:**  
Try and pack a trash free lunch!

"Every day at our school, we create a vast amount of garbage that gets taken to a landfill. The cafeteria is a major source of this waste," explains G&H co-chair Cindy Caplan. "This year, we are determined to lower the waste created in our cafeteria and to teach our kids that following a few simple rules can have a BIG impact," adds G&H co-chair Wylie Kain.

We are excited to announce that 321 is now collecting organic waste. We have also switched to sugar cane trays, which can be composted, so students who eat school lunch will be able to recycle ALL of their waste! Staff and lunchroom helpers support the kids in the recycling efforts. But, for this initiative to succeed, we need YOU at home. Talk to your children about what to recycle, and help reduce waste and recycle together at home!

"Composting is now part of the recycling in the lunchroom and it seems to be going well," says music teacher Frank McGarry who oversees part of 2nd grade lunch. "We still encourage kids to take home things they say they don't like instead of putting them in the composting bin, so that parents and caregivers can see what is uneaten and maybe substitute something else."

## Science teachers have already incorporated recycling lessons in the classroom.

"We had the kids go through a sorting process," explains science teacher Susie Farrell. "That way they really start to think about what gets recycled and where the real waste comes from. We stress Reducing waste is always the best choice for the environment.."

## It's A Fact

New Yorkers generate over 4.5 pounds of trash per person per day.\* It doesn't all need to go to waste: Reduce, Reuse, Recycle and Compost!

\*Source: [www.dec.ny.gov](http://www.dec.ny.gov)

## Why compost?

Organic waste accounts for about 31% of all waste generated by residents in New York City. NYC will turn your organic waste into compost, which can be used to fertilize gardens, parks, and street trees, or into renewable energy which can be used to power thousands of homes.\*\*

\*\* Source: [www.nyc.gov](http://www.nyc.gov)

## PS 321 Mighty Milers set goal of 80,000 miles

PS 321 will once again participate in Mighty Milers, a New York Road Runners (NYRR) program that will provide fun, healthy exercise for 2nd through 5th graders. Children can run/walk a total of one to four marathons of miles (26.2 - 104.8) during the school year during lunch recess, grade recess and PE. NYRR provides incentives along the way - from t-shirts to actual medals. In addition, classes and the entire school can earn prizes for collectively achieving predetermined goals. This year we hope to reach a collective of 80,000 miles!



**Courtney Gilbert is the new Mighty Milers coordinator.** She can be reached at [courtneygilbert88@gmail.com](mailto:courtneygilbert88@gmail.com). Our other backyard coordinators are Nora Keane, Andrea Lewandowski and Mariko Zapf.

## Out To Lunch

Going out to lunch is an exciting step for our 4th and 5th graders, but also a huge responsibility. It may be the first time they will be making their food choices independently. It's also an opportunity to discuss how candy and sugary drinks are unhealthy, and impact their performance at school. Parent Ruth Diener Platt put together a list of options at the surrounding restaurants. "We hope this information will help you guide your children to make healthier choices." To save money and instill both green and healthy values, consider sending your child with a reusable water bottle.

This fall, students who are signed up for school lunch will be able to take advantage of the grab-and-go lunch bags when they go out for lunch. Please note the recycle stations for students to use in front of the school.

"We want our students to get in the habit of reducing, reusing and recycling at home, in, and away from school. Together, we can make being Green & Healthy a source of pride among our kids," Ruth adds.

*Please remind students to tip appropriately if they eat in a restaurant.*

**RANCHO ALEGRE** Chicken or beef tacos/ enchiladas/ burritos with rice & beans, or cheese quesadillas. Includes chips & salsa, juice or seltzer water. Student price of \$4 (including tax)!

**PICCOLA UVA** Slice of pizza \$2 (students save \$.45). Vegetable slice \$2.50.

**PITA PAN** Many healthy options (salads, hummus, pita). Chicken fingers \$4, falafel sandwich \$4. They offer a kids' menu and students are given a discounted price.

**CONNECTICUT MUFFIN** Options include— cold mozzarella & tomato sandwich \$7.68, bagel with cream cheese \$2.36, pb&j \$3.81, smoothies \$4.75. Organic Valley Milk \$1.75.

**STARBUCKS** Bistro boxes with chicken, hummus, cheese & fruit varieties \$4.95, salads \$6.95, misc. sandwiches (egg salad \$5.25), hot panini (tomato & mozzarella, ham & swiss) \$5.55 - \$5.95. No discount.

**YAMATO** Lunch specials for students— Either 4 pieces California roll with 3 pieces pork gyoza, or 4 pieces avocado/ cucumber roll with 3 pieces vegetable gyoza for \$5.44 (includes tax)! Take-out only.

**BAREBURGER** Cubby Meals such as sliders or chicken strips w/fries, apples, carrots, juice or milk \$7.80 (10% student discount).

**GRAND CANYON** The typical kid's menu \$4.75 to \$5.95 (not including tax and tip).

**PINO'S LA FORCHETTA** Slice of pizza plus juice, water, or milk \$2.50.

**For questions, comments and suggestions email us at:**

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