

Dear Botetourt County School Administrators and Staff:

The Botetourt County School Nutrition Department will be celebrating Virginia Farm to School Week from October 5th through October 9th, and National School Lunch Week from October 12th through October 16th. Our cafeteria staff will be offering some special events to encourage students and staff to participate in some educational opportunities focused on healthy food choices.

At the Elementary level, students will be encouraged to visit local farmers markets or stores to participate in a **Virginia Grown Farmers Market Scavenger Hunt**. This activity will be completely voluntary, and will allow the students to connect with farmers and local food hubs, providing opportunities to educate students about the importance of consuming fresh, healthy food, and the impact that local food has on Virginia's commodities. Families will also be invited to complete the **"I Tried Something New"** eating chart on which students will record each time he/she tries new foods or flavors. Prizes will be awarded at the end of October to students who have provided proof of participation in either of the above activities.

At the Middle and High School levels, students will be invited to participate in a **Healthy Recipe Contest** in which they will enter a recipe using fresh fruits and vegetables to their school's cafeteria managers. At the end of the month, cafeteria staff will select the best recipe at each school, and then prepare that recipe in the school cafeteria to share with the entire school!

In addition to the above, the all school cafeterias will celebrate **"Take a Crunch out of a Virginia Apple"** on October 6th. Nutrition education will also be provided for some of the fruits and vegetables being offered on the school menu during the first two weeks of October. Some schools will have Estimation Jars displayed in their cafeterias in which students can guess the contents of the jars to win a prize from the cafeteria.

Moving forward throughout the school year, the Nutrition Department will be coordinating with Agriculture teachers, local farmers, and food banks to introduce students to new foods and flavors using fresh fruits and vegetables. Much of this information will be shared with the community on the BCPS Cafeteria webpage and the BCPS Nutrition Facebook page.

BCPS Nutrition Department