



## School Nutrition October Events

Dear Parents:

The Botetourt County School Nutrition Department will be celebrating Virginia Farm to School Week from October 5<sup>th</sup> through 9<sup>th</sup>, along with National School Lunch Week from October 12<sup>th</sup> through 16<sup>th</sup>. Our cafeteria staff will be offering some special events during the first 2 full weeks of October to encourage students and staff to participate.

Farm to School connects schools 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.

The Botetourt County Nutrition Department invites you to participate in a **Virginia Grown Farmer's Market Scavenger Hunt** using the attached form. Students are invited to use this form while visiting a local Farmer's Market or store in Botetourt County (such as the Ikenberry Orchard Store, the Heritage Market, the Botetourt Farmer's Market, and other local fresh markets) to do the scavenger hunt. After completing the Scavenger Hunt, the students can return their forms to their school's Cafeteria Manager to earn a prize during the whole month of October!

You may also want to check out the attached **"I Tried Something New" eating chart**. Keep this form on the refrigerator, and mark down each time your child tries new foods and flavors. Studies have shown that it may take up to twenty times before a child can truly distinguish whether or not he or she likes a food. Try to offer your child small portions of fruits and vegetables at their meals. Your child may fall in love with foods that you never thought he or she would eat! Once the form is complete, your child can turn in his or her eating chart to their cafeteria manager to earn a prize during the month of October!

Botetourt County School Nutrition Department

## ***Healthy Recipe Contest***

Do you have a favorite recipe using fresh fruits and/or vegetables? If so, why not share it with your school cafeteria?



During the month of October, you are invited to submit a recipe to your Cafeteria

Manager. From there, the Cafeteria Staff will vote on the “best” recipe, which will then be included as an item on the menu. This way, you will also be sharing your recipe with the rest of your school!



Be sure to include the name of your healthy recipe, along with your name and homeroom teacher name on the recipe that you submit to your manager.



Here are the names of your Cafeteria Managers:

CAMS: Lisa Garrison

RMMS: Kevin Chaney

LBHS: Lora Beckner

JRHS: Carol Clark