

November/December 2016 Food Services Newsletter

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There has been a lot of talk lately about organic products. Are they better for you or not? This is up for discussion. Let's take a closer look at what organic means!

What does organic mean?

It is a labeling term used to specify if an agricultural product has been produced through approved USDA standards. There is a set of requirements that a product must meet to be considered "organic." It uses methods that avoid most manufactured materials like pesticides and antibiotics and aims to preserve the environment.

What are Genetically Modified Organisms (GMOs)?

GMOs are organisms that have been produced through genetic modification, which is the process of manipulating genetic material through genetic engineering or a similar method.

Can GMO's be used in organic products?

- *No, the use of GMOs is prohibited in organic products. Organic farmers must be able to show that they are protecting their products from coming into contact with any GMOs.*

Organic Labeling:

Single-Ingredient Foods:

- *Look for a small sticker of USDA organic label on fruits and vegetables or check the produce signage for the seal.*
- *On meats, cartons of milk/egg, and cheese, look for the word "organic" or the seal.*

Multi-Ingredient Foods:

- **100% Organic** – must have 100% organic ingredients and may display the USDA Organic seal.
- **Organic** – must contain 95-99% of organic ingredients. The USDA Organic seal may be shown.



- **Made with Organic Ingredients** – products must contain 70-94% organic ingredients. They cannot display the USDA Organic seal, but may list three or less organic ingredients on the front of the packaging.
- **Other** – products with less than 70% organic ingredients can only list the organic ingredients on the packaging and may not display the USDA Organic seal.

***The USDA Organic seal is an optional label

References:

1. <http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=organic-agriculture.html>
2. <http://www.organic.org/articles/showarticle/article-201>
3. http://www.usda.gov/wps/portal/usda/usdahome?navid=BIOTECH_GLOSS&navtype=RT&parentnav=BIOTECH

Promotions:

Paton Elementary Tickets

Elementary sheets of 20 tickets cost \$60.00. Save \$5.00 per sheet (\$65.00). Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, Ma 01545. Please include a self-addressed stamped envelope. Cash or check is accepted. Tickets have no expiration date. Promotion valid for ticket purchases received November 1, 2016 - December 31, 2016.

- *For Staff: A sheet of 20 tickets cost \$80.00. Save \$5.00 per sheet(\$85.00).*

Schools using the POS System (All Schools except Paton)

For every \$60.00 put on your child's POS account an additional \$5.00 will be credited to their account. Promos can only be processed at the Food Service Department Office. They cannot be processed at the Cafeterias. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA, 01545. Please note the student's name whose account you want credited on the memo line of your check. This promotion is valid from November 1, 2016 - December 31, 2016.

- *For Staff: For every \$80.00 put on your POS account an additional \$5.00 will be credited to your account.*

*No refunds will be issued on past purchases that missed promotions for meal purchases. Promotions are available for the specified dates only. Promotions are not available after the published expiration date.

* Promotions cannot be applied to online transactions.

Free and Reduced Breakfast/Lunch Applications

Free and reduced price meals are available to students if there is financial need. Applications for the 2016-2017 school year are available all year and can be submitted at any time there is a financial need. Applications are available online at the Food Service web site. Eligibility is governed by guidelines set by the United States Department of Agriculture. Notification will be sent to all families stating what program they qualify for.

**Click here for the Free and Reduced Application form: <https://www.lunchapp.com/>

A new application must be filled out each new school year.

Breakfast Program

Breakfast is available Monday- Friday at the Coolidge Elementary School from 8:00-9:00AM, Sherwood Middle School from 7:45-8:00 AM, Oak Middle School from 7:00-8:00 AM and at the High School from 7:00-7:30AM. A full price breakfast costs \$1.50 and a reduced price breakfast costs \$.30.

Meal Magic Point of Sale System



The Food Service Department will be implementing a new, computerized point-of-sale system in the Spring Street Elementary Cafeteria - Tuesday, November 1, 2016 and Tuesday November 29,2016 at Beal School Cafeteria

This system is currently being used at the Coolidge and Floral elementary schools, Sherwood and Oak middle schools, and Shrewsbury High School. This system, *Meal Magic*, offers many features:

- ▶Creates an individual account for each student accessible with their student identification number
- ▶Allows students to pre-pay for lunch and snacks eliminating the need for cash
- ▶Eliminates the prepaid ticket system for students on free, reduced price or full pay lunches

ALL STUDENTS WILL BE REQUIRED TO ENTER THEIR STUDENT IDENTIFICATION NUMBER WHEN MAKING ANY PURCHASES REGARDLESS IF THEY ARE FULL PAY OR FREE/REDUCED ELIGIBLE. THE STUDENT IDENTIFICATION NUMBER IS A STUDENT'S LASID NUMBER WHICH IS AVAILABLE IN POWERSCHOOL.

Superintendent's Award

The school district has a tradition of recognizing high performing staff at the onset of each new school year. The Superintendent's Awards are presented IN RECOGNITION OF EXTRAORDINARY SERVICE TO THE SHREWSBURY PUBLIC SCHOOLS.

We are very pleased to announce that Charlene Campbell, Manager of the Coolidge elementary school cafeteria, was one of several recipients of the Superintendent's Awards conferred on August 29,2016



Photo taken by Tara Gauthier.

Food Service Department Contacts

Please contact the Food Service Department with any questions or suggestions. The Food Service Department is located at Shrewsbury High School, 64 Holden Street, Shrewsbury, MA 01545. The telephone number for the Food Service Director, Beth Nichols, is 508-841-8819 and email is bnichols@shrewsbury.k12.ma.us.

Each school has a manager also available to speak with you. The numbers are as follows:

Beal	841-8874	Elizabeth Conway	econway@shrewsbury.k12.ma.us
Coolidge	841-8889	Charlene Campbell	ccampbell@shrewsbury.k12.ma.us
Floral St	841-8723	Sheila Tomaiolo	stomaiolo@shrewsbury.k12.ma.us
Paton	841-8635	Patti Saniuk	psaniuk@shrewsbury.k12.ma.us
Spring St	841-8708	Michelle Kehoe	mkehoe@shrewsbury.k12.ma.us
Sherwood	841-8681	Sandy Litchfield	slitchfield@shrewsbury.k12.ma.us
Oak	841-1217	Lisa Phipps	lhipps@shrewsbury.k12.ma.us
High School	841-8848	Mary Ricker	mricker@shrewsbury.k12.ma.us