

COOKING UP DELICIOUS AND HEALTHY SCHOOL MEAL CHANGES

We have great news to share! Cortez schools have partnered with LiveWell Colorado to cook up some healthy and nutritious changes to our school meal program.

LiveWell Colorado is a nonprofit organization committed to reducing obesity in our state by promoting healthy eating and active living. One of its programs, the LiveWell@School Food Initiative, aims to ensure that all children in Colorado have access to and choose healthy food at school by 2022.

Over the next several years, we will be undertaking a multi-phase school meal assessment process, which will include culinary training, equipment purchases and much more. When we're done, we will be serving our students (and staff) fresher, healthier meals prepared with more fresh, whole ingredients in our school kitchens every day.

Students will begin to see these changes as soon as this year. These will include:

1. Fresh produce purchased from local growers and the CMS garden.
2. Each school will incorporate a fruit/veggie bar this year in September.
3. Locally raised beef that is grass-fed and hormone free
4. More foods made from scratch, such as our homemade wholegrain dinner rolls, Lasagna, BBQ Pork sandwiches, Chicken and Noodles, whole grain Mac and Cheese and more....

This process will not interrupt our regular meal service, and we will continue to serve meals that meet or exceed USDA regulations.

We are very excited about this journey, and we appreciate your support along the way. We encourage you to get involved by spreading the good news, sharing your feedback and ideas and, perhaps, eating lunch with your child/children. For more information contact: **Sandi Vanhoutean at: 970-565-5157, svanhoutean@cortez.k12.co.us. More information is also available on our website: www.cortez.k12.co.us**

In the middle of August we will be having an in-service with a LiveWell Chef. He will be teaching us how to make homemade spaghetti sauce that we will be using in our Lasagna and also our Spaghetti (a student favorite!!) We received an equipment grant from the Colorado Health Foundation and will be using our new equipment to make delicious meals for our customers, the students!!!! Bon Apetit'