



Windham-Ashland-Jewett CSD Nourishes Students' Bodies and Minds through New Foods, Innovative Programs and Strategic Partnerships

Chartwells K12 and Windham-Ashland-Jewett CSD are cooking up a culinary culture that promotes a healthy lifestyle for all students!

August 29, 2016: Windham-Ashland-Jewett CSD is excited to welcome students back to school and back to the café with a variety of new menu items, on-campus programs and innovations, partnerships and other initiatives for the 2016-2017 school year! With Chartwells K12 as a partner, WAJ is able to provide students with more than just a delicious and nutritious lunch; WAJ delivers the education and motivation students need to live a healthy lifestyle in the cafeteria and beyond.

Student-Inspired, Healthy and Great Tasting Menu Items

Using input from student surveys, tastings and everyday lunchroom conversations, the Chartwells chefs and dietitians collaborated with staff at WAJ to spice up the school's menus with a wide variety of healthy food options and bold new flavors. The new menu includes:

Ever popular chicken dishes such as chicken patties, chicken tenders, sweet and sour chicken, chicken parmesan and chicken quesadillas.

Taco Tuesday – with all the fixings!

Macaroni and Cheese or Grilled Cheese and Soup

Salads, side dishes, lots of fresh fruit and vegetables, sandwiches and wraps

Throughout the year Chartwells K12 will hold chef-led tastings with students to talk about new healthy foods and ingredients.

Farm-to-School Program

Chartwells K12 and WAJ are leading the way in farm-to-school innovation through local products that students will love.

Research shows that good nutrition has been linked to higher grades, better memory, more alertness, faster information processing and improved health, leading to better school attendance.

Setting the Standard for Menu Transparency and Nutrition Education

As technology changes the classroom, so WAJ is bringing technology to the forefront of the café dining experience to help students and their parents prioritize healthy food choices, a direct influencer of classroom performance. Through Nutrislice, an exclusive partner of Chartwells K12, WAJ is continuing to build a healthier and safer school environment through nutritious foods and full menu

transparency. In addition, Nutrislice provides menu descriptions and truly representative food photography taken by Chartwells chefs in schools.

Nutrislice delivers WAJ menus online through smartphones, email and the web with recipe descriptions, original photos, and nutrition and allergy information.

Download the Nutrislice App from the App Store (iOS) or Google Play (Android) and search for your menus or find them on the web.

Partnership with Prevent Child Abuse America to #JustStandUp to Bullying

Chartwells K12 and Prevent Child Abuse America (PCAA) have teamed up with WAJ to put an end to peer-to-peer abuse (commonly known as bullying) where it can most often take place: the lunchroom. The partnership focuses on preventing peer abuse in school and online, as well as promoting positive social behaviors of students. The dining service team will participate in targeted training to help them recognize and appropriately respond to bullying behavior in the café. In addition, students and parents are encouraged to watch and share our [#JustStandUp](#) video, produced in collaboration with PCAA and Hampton Creek, to continue the dialogue at home around promoting positive digital citizenship.

While Chartwells K12's and WAJ's number one priority is to nourish students and help them make smart choices about food, they also want to educate students about living healthy lives. The partnership with PCAA is an important extension of that.

Farm Fresh Produce from Local Partners

Chartwells K12 and WAJ are proud to support local farmers and companies, bringing students the freshest possible produce. Local produce and products on the menu this year include:

- Apples, lettuce, tomatoes

About Chartwells K12

Chartwells K12 is a proud partner with **WAJ** for **many** years. Our **eat. learn. live** philosophy guides our team in delivering on each component of our promise from great food (eat) to developing food and nutrition education (learn), and focusing on the whole child through key partnerships that support students in and out of the cafe (live). Visit www.ChartwellsK12.com for more information.