



## **November Community Letter**

Dear PS 20 Community:

My name is Monica Chen and I am a FoodCorps service member working with Wellness in the Schools (WITS) at PS 20 this year. For those of you unfamiliar with our organization, WITS is a non-profit based in New York City that implements programs aimed to promote a healthy school environment. These programs include Cook for Kids, Coach for Kids, and Green for Kids. We currently have partnerships with over 75 schools in New York City.



**WITS COOKING LABS**--Last month, the PS 20 students participated in the WITS Labs program, a week-long cooking workshop designed to engage students with healthy eating and cooking. The highlight of this month's Labs was a delicious tomato sauce (recipe below). Chef Victoria (right of photo), the WITS Labs teacher, had a wonderful time working with the students on the tomato

sauce which they ate over macaroni. Meghan (left of photo) from the school's restaurant partner Print Restaurant came to help out.



**NUTRITION & GARDEN EDUCATION**--In the next few weeks I will be working with 2nd grade teachers Ms. James and Ms. Ramirez, health teacher Ms. Reyna-Torres, and SETTS teacher Ms. Soffer to integrate nutrition and garden lessons into the students' existing curriculum. The Tower Garden is up and running! Currently housed in Ms. Reyna-Torres's classroom, the Tower Garden is already being put to use for her health and nutrition education.

**CAFE DAY WITH PRINT RESTAURANT**--The school's WITS Chef Partners from Print Restaurant have graciously offered to organize a tasting on Thursday (12/3) during lunch. The theme for the tasting will be 'zero-waste.' The tasting will hopefully encourage students to think about how they can eliminate the amount of food waste generated in their daily lives.

**WELLNESS COMMITTEE**--Our next meeting will be Tuesday, December 1st at 7:45am in Room 226. Please come if you are interested in contributing to PS 20's wellness programming.

I am thrilled to be a part of PS 20's dedication to feeding children healthy food and look forward to a productive, collaborative year. Please do not hesitate to contact me via e-mail at [monica@wellnessintheschools.org](mailto:monica@wellnessintheschools.org).



All the best,

Monica Chen  
PS 50 WITS FoodCorps Service Member

Find out more about WITS: [www.wellnessintheschools.org](http://www.wellnessintheschools.org)  
Find out more about FoodCorps: [www.foodcorps.org](http://www.foodcorps.org)

## **Simple Tomato Sauce**

Makes about 24 oz of sauce

### *ingredients*

4 cloves garlic, grated

4 tbsp olive oil

15 Roma tomatoes, diced

salt and pepper to taste

fresh basil for garnish

### *procedure*

Heat olive oil in a medium pot on medium heat. Add grated garlic and cook until fragrant (about 1 minute). Add the diced tomatoes and any leftover juice to the pot. Bring to a strong simmer and simmer covered for 10 minutes. Remove cover and simmer for another 15 minutes.

Using an immersion blender or carefully transferring to a blender, blend sauce until smooth. Simmer more if you'd like a thicker consistency. Add salt and pepper to taste. Garnish with fresh basil.