



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.



All the best,

Monica Chen
PS 50 WITS FoodCorps Service Member

Find out more about WITS: www.wellnessintheschools.org
Find out more about FoodCorps: 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.