



November 23, 2016

Dear PS20 Partners:

Hello Everyone!

Our first Cafe Day of the year will be January 17th. Print Restaurant will be there with samples from the restaurant for the students to try. We are going to make it a zero waste day!

Family Fitness Fun Night will be January 20, 2017. Since it will be the same week as our Cafe Day I am working with the PTA to make it a health week. Remember after family fun, working out and working up an appetite there will be food served.

The next round of WITS Labs will be the week of December 12th. The Labs will be taught by Chef Victoria and she will be cooking with beans! The students are going to be making hummus.

All the best,
Lauren Nilsen
PS20 WITS Chef

Wellness in the Schools *inspires healthy eating, environmental awareness and fitness as a way of life for kids in public schools.*