



December 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. Starting this academic year, WITS has partnered with FoodCorps with the goal of further enhancing its programming through FoodCorps' national network of service members and organizations as well as through its wealth of resources that empower communities to create a healthier school environment.

WITS COOKING LABS--This month, the PS 20 students participated in WITS cooking workshops featuring veggie chili. A similar chili is served in the cafeteria regularly so it was great to draw the connection between what the students made and what they are served at lunch. Chef Victoria spent some time going over the health benefits of beans and red peppers, the main components of the chili. Ask the students if they remember what they learned!

TOWER GARDEN HARVEST--We had our first Tower Garden harvest! Multiple classes gathered leaves from the varieties of lettuce plants that have been growing persistently. I made a simple salad with the harvested produce with Ms. James' 2nd grade class--it was an incredible garden to plate experience. Thank you to Ms. Reyna-Torres and Ms. James for the opportunity.



ZERO WASTE WEEK RECAP--The wellness committee and I worked with Meghan from Print Restaurant and Sam from Recycling Champions to organize a Zero Waste Week. Meghan held a tasting of a zero-waste salad (recipe attached) that consisted of tasty and edible parts of fruit and vegetables typically discarded (e.g. stems and peels). The salad tasting encouraged students to think about minimizing food waste by using all parts of a plant when cooking. The following day, Sam organized a zero-waste competition where the waste from each lunch period was weighed and the period with the least amount

of waste was celebrated. As a large school community, it is important that we constantly think about our waste footprint and how we can continually minimize it. Thank you to everybody who made the event a success!

I am thrilled to be a part of PS 20's dedication to a healthier school environment and look forward to a productive year with you all. Please don't hesitate to contact me at monica.chen@foodcorps.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

Print Restaurant Zero Waste Salad

Ingredients:

- 1 bunch kale, collards, or mustard greens
- 1 small cauliflower or broccoli head
- 1 bunch carrots with leaves
- 1 large apple
- 1/2 cup pickled vegetables
- 1/4 cup pickling liquid
- 1/4 cup olive oil, plus 4 tablespoons
- 2 Tbsp. honey
- 1/2 cup pumpkin seeds
- 1 tablespoon smoked paprika

Instructions:

Salad

1. Preheat oven to 375 degrees.
2. Rip kale or greens from the ribs and set aside. Peel the ribs, cut into 1-inch pieces. Toss with 1 tablespoon olive oil and salt and pepper and roast on sheet pan for 6-8 minutes until golden and bit crispy.
3. Meanwhile, chop cauliflower into 1/2 inch pieces. Peel the stalk and cut into 1/2 inch sticks. Toss both the florets and stem pieces with 1 tablespoon olive oil and salt and pepper and roast for 10-12 minutes.
4. Toss pumpkin seeds with remaining 2 Tbs olive oil and smoked paprika and salt, roast for 8 minutes or until lightly browned and aromatic. Allow all roasted ingredients to cool.
5. Meanwhile, peel carrots keeping outer peels and chopping 1/2 cup of the leaves (keep the rest to make pesto or put in stock).
6. Peel apple, keeping peels and chopping the rest into batons.
7. Chop the kale.
8. Take out pickled vegetables.

Dressing

1. Shake pickling liquid with honey, olive oil and salt and pepper in a jar or tupperware until emulsified.

Place all ingredients in a large bowl, toss with dressing, massaging the kale a bit to tenderize. Add salt and pepper to taste. Enjoy!