



Farm To School Initiative

In January students will have the choice of selecting regionally grown fresh celery sticks from Pioneer Growers Cooperative, located in Bainbridge, Georgia and Belle Glade, Florida. By choosing celery sticks, students will not only get peak nutritional value, but also support the local and regional farming economy, while promoting a greener environment with less fuel use!

Celery is fat free, low in sodium, cholesterol free, low in calories, and a good source of vitamin A and vitamin C. It's great as a side item or included in recipes.

Six ways to enjoy celery:

- **A quick snack.** Stuff stalks with low-fat cream cheese and sprinkle with paprika.
- **Eat those leaves!** Instead of throwing them away, use them in soup, stuffing, salad, and other cooked dishes.
- **More Veggies for your stew.** Pump up the nutrition in your soups and stews by adding chopped celery.
- **Add crunch to Tuna or Chicken Salad.** Mix in chopped celery and serve on a toasted English Muffin. Kick it up a notch by adding a little hot sauce.
- **Add to your favorite stir fry.** Sauté chopped celery, carrots, broccoli florets, onions and bell peppers in a little olive oil and serve over brown rice or in a whole wheat pita.
- **Ants on a log. A tried and true favorite.** Stuff stalks with peanut butter or hummus and top off with raisins for a quick, fun, and nutritious treat for your kids



School Spotlight

Student Success Week

The Fulton County School Nutrition Program teamed up with Kellogg's® for a pilot promotion to emphasize the importance of breakfast and student achievement. Five schools in the district were selected to participate in the pilot.



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Philip Randolph Elementary.
Ms. Francis, para professional, Ms. Butler, kindergarten teacher, Ms. Anusiem, cafeteria manager, and Mr. Askew, principal.

School nutrition managers and teachers teamed up to educate students on the importance of starting the day with a healthy breakfast to help students achieve more.

Medlock Bridge Elementary.
Mrs. Moreno's 4th grade class and Mr. Fearon, cafeteria manager.



Classrooms in each of the five schools with the highest percent increase of students eating breakfast for the week of the promotion were recognized with a special certificate, an athletic ball, and other prizes.



Creek View Elementary. Ms. Thomas' 2nd grade class and Ms. Schram, cafeteria manager.

Bethune Elementary.
Ms. Marshall's 2nd grade class.



"HAPPY NEW YEAR"