

What's Cooking, Dublin?

March, 2020

chartwells
serving up happy & healthy

Food Focus: Plant Power!

- Some wonder how vegans get their protein, but studies show **the average vegetarian/vegan gets 70% more protein** than their body needs
- One cup of **edamame** or **lentils** contains **more protein** than a glass of milk or a serving of chicken
- Choosing **one veggie burger per week** over a beef burger saves the **greenhouse gas equivalent of charging 10 billion smartphones**

Special Events

- 3/2 – Ask the Dietitian launch
- 3/2-6 – National School Breakfast Week
- 3/4 – Discovery Kitchen @ Scottish Corners
- 3/10 – Enviro. Science Proposals @ Jerome
- 3/10 – Free Cookie Day @ Elementaries
- 3/11 – Discovery Kitchen @ Indian Run
- 3/17 – Lucky Tray Day @ Elementaries
- 3/20 – Free Ice Cream Day @ Elementaries
- 3/23-27 – No School – Spring Break!

Watch out for more March events

Made-to-Order Breakfast

- Emerald Campus: 3/4
- Coffman HS: 3/18
- Jerome HS: 4/1
- Scioto HS: 3/11

Our Culinary Team

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Visit our website for more information on nutrition:
<http://dublinschools.nutrislice.com>

Ask the Dietitian: A New Web Feature

March is **National Nutrition Month** and to celebrate, Chartwells at Dublin City Schools is launching a **new wellness initiative: Ask the Dietitian!**

Through the newly-created Ask the Dietitian webpage at dublinschools.net/askthedietitian.aspx, Dublin students, parents, and staff can

send their **questions about food, nutrition, and wellness directly to our Resident Dietitian, Ann Fisher, RD, LD**. Site visitors simply type their question into the Ask the Dietitian box with their name and email address, and their dietitian will respond via email as soon as possible. **Select questions and answers will then be posted anonymously** to the Ask the Dietitian homepage, benefitting anyone else visiting the site.

It's almost impossible to find reliable nutrition information online, and that's why we're so excited to bring this resource to the Dublin community. Though not a substitute for an individual healthcare consultation, this web feature will **open up a direct line of communication between your dietitian and the rest of the school district**. Using her nutrition expertise, Ann will assist the Dublin community in navigating through fad diets, profit-driven healthcare claims, unreliable scientific studies, the latest food documentary, and more. We can't wait to pilot this new program at Dublin City Schools before it rolls out nationwide next year.



Around the District: Pinney Has Heart



We were so happy to be a part of this year's **Pinney Has Heart** Valentine's Day event! Students spent the day traveling between different stations where they learned about **kindness, mindfulness, and self-care**. In addition to the awesome **meditation, yoga, and service projects**, dietitian Ann Fisher taught students how nutrition and the foods we choose have an impact on our overall wellbeing. Students received a **strawberry banana smoothie** sample, and learned how to build a balanced meal with MyPlate, how to snack smart, and how to avoid feeling "hangry" throughout the day. Thanks for such a fun day!

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Ingredients:

- 1 cup whole wheat flour
- ½ cup all-purpose flour
- ¾ tsp salt
- 1 ¼ cup cocoa powder
- 1 tsp baking powder
- 1 1/8 cup sugar
- ¾ cup brown sugar
- 15 oz canned black beans
- 1 ½ tsp vanilla extract

Black Bean Brownies

Start by combining flours, cocoa, salt, and baking powder. Mix dry ingredients thoroughly, and preheat the oven to 350°F. Then drain one can of black beans and rinse thoroughly until the water runs clear. Add black beans to 1 ½ cups water to a food processor and blend until pureed. Next add the sugars and vanilla extract and blend until very smooth. Combine blended mixture with dry ingredients, but be careful not to overmix. Spray a 9x13 inch pan with cooking spray and pour batter into the greased pan. Bake for 25-30 minutes, rotating the pan halfway through. Makes 16 servings.

Nutrition per serving: 173 calories, 1.2 g fat, 0.6 g saturated fat, 0 g trans-fat, 167.9 mg sodium, 0 mg cholesterol, 40.7 g carbohydrate, 4.2 g protein, and 5.1 g fiber



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Dublin St. Patrick's Day Parade

Come join us at the **City of Dublin's St. Patrick's Day Parade!** The festivities are **Saturday, March 14th** and include marching bands, clowns, floats, giant balloons, and live entertainment. The day begins with the **Lion's Club Pancake Breakfast** at **Sells Middle School** from **7:00-11:00 am**, gains momentum with the **Inflation Celebration** at **Graeter's Ice Cream** from **9:30-11:00 am**, and culminates with the greenest, grandest **St. Patrick's Day Parade** around at **11:00 am**.



The parade starts at the Metro Center Plaza, travels east onto Bridge Street, turns south onto High Street, and ends at the Waterford Drive intersection. Afterward, enjoy shopping and entertainment throughout the City at our various shops and pubs. See you there!

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National Nutrition Month

Here are some tips to help make informed choices and develop healthy habits:

- **Learn Your Needs:** Age, gender, body type, family history, health conditions, and daily routines play a factor in determining our daily needs. Consult your doctor or dietitian to learn your unique needs and how to best adjust your diet.
- **Know the Facts:** Always read the ingredient list and nutrition facts panel so you can make informed decisions. Check the serving sizes, and the higher an ingredient is on the list, the more that ingredient is included compared to others.
- **Plan Your Snacks:** Make sure your snacks are doing something good and providing your body with the nutrients it needs. Try to have at least two different food groups and limit sugar, salt, saturated and trans-fat, and empty calories.

