

WYANDANCH UNION FREE SCHOOL DISTRICT WELLNESS WARRIORS NEWSLETTER



September 2020

Welcome Back to School, Remote Learning and a Mix of Both

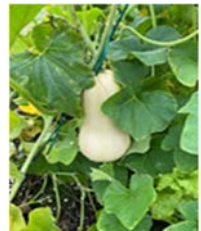
WUFSD MISSION STATEMENT

"Inspire the passion for learning and educating all students to achieve their full potential"

Milton L Olive Middle School Garden is a Community Gem — Please Guard and Protect it!



Laurie Farber single-handedly took care of the garden and provided produce for many residents over the summer through the summer meal program, the Ryan Outreach Center, and to local families. Without Earth Rangers to help her, it was a huge undertaking and with the lack of people activity, there was evidence of vandalism. This was extremely disappointing since the produce was for the community. As the school assumes greater responsibility for oversight using cameras, we hope that others can also step up and help Laurie out. By eliminating the destruction and waste, Laurie can fully maximize harvests and distribute more nourishing vegetables to those in need.



Two weeks ago, Cornell Cooperative Extension (CCE) Nutrition Educators, Donna Ingram and Gerry Lake, provided a very informative 15 minute Zoom food demo using vegetables from the MLO garden. See the list below of FREE 30 minute Nutrition ZOOM Chats that CCE has scheduled this month.

School Lunch Manager and Registered Dietician, Deborah Rhodes, is also planning to conduct food demos on ZOOM with her staff. Stay tuned!



SNAP-Ed New York
Nutrition Chats: 11:00 am

9/15—Meal Modifications

9/22—Vary Your Veggies

9/29 Vary Your Protein

ZOOM
LINK



Upcoming Community Events:

**Last Summer Saturday, Delano Stewart Plaza
9/5, 8:00 am yoga, 9:00 hip hop, 10:30 Zumba**

Clean Up Projects - Concerned Citizens of Wyandanch Civic Association 631/302/5932 (masks required)

9/5, 9:00 am Levy & Straight Path

9/12, 9:00 275 New Ave

9/19, 9:00 Commonwealth Dr (by old day care)

Last month to complete the 2020 Census

2020census.gov

844-330-2020

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