



WYANDANCH WELLNESS WARRIORS

MARCH 2024



March is National Nutrition Month

National Nutrition Month's theme this year is "Beyond the Table." Created by the Academy of Nutrition and Dietetics, the theme addresses all aspects of food, from its production and distribution, grocery stores and farmers' markets, to the table, at schools, restaurants and home.

WUFSD Food Service Manager Ms. Coreas is exploring ways to improve the school food environment, including increasing participation in the breakfast and lunch meal program (which is free) as well as the availability of approved healthy snacks (Smart Snacks) sold during the day. These are not easy tasks and she will be partnering with Ms. Alvarez and the Leaders of the Future (LOTF) to solicit students' opinions and food preferences. In addition, Ms. Coreas and Director of Athletics, Health and PE, Mr. Davis, will be updating the District's Wellness Policy. This document guides practices before, during and after the school day that ensure students have access to quality foods and physical activity, impacting their overall well-being and school performance.

High School Food Pantry

EOC's Ms. Alvarez is overseeing the Food Pantry located upstairs by Ms. Kane's office, offering items provided by Island Harvest. CHSC is working with Ms. Alvarez to help promote nourishing and tasty snacks and food options that appeal to students and family members. Stop by on Fridays or contact halvarez@eoc-suffolk.com



Tower Gardens, purchased by

CHSC, come to

Milton L Olive MS and

Wyandanch Memorial HS

MLO's Family and Consumer Science Teacher, Mrs. Siegel, and WMHS's Life Skills Teacher,

Ms. France will be utilizing Tower Gardens during classroom instruction.

School Gardens

at MLO and MLK

Always a work in progress, engaging students in farm to table experiences.

For more information:

starflexp@aol.com

Community Food Distribution

Are you or is someone you know in need of food? Stop by Island Harvest's weekly distribution of free, healthy foods at MLK.

Contact: kurena@wufsd.net



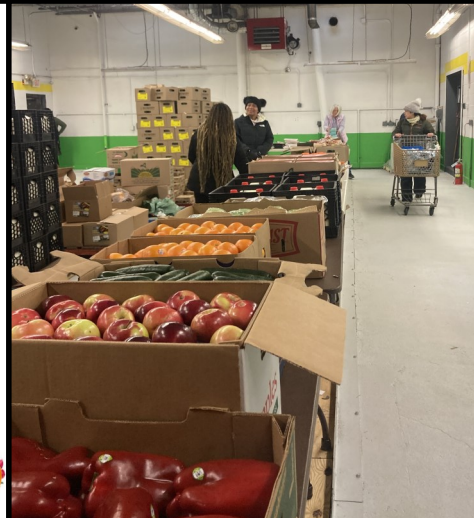
COMMUNITY FOOD DISTRIBUTION

EVERY WEDNESDAY OF THE MONTH

**788 MOUNT AVE, WYANDANCH
8:00 AM**



SPONSORED BY: ISLAND HARVEST | LONG ISLAND, NY



Upcoming Events

Every Kid Healthy Week

4/15—4/19/2024



March Wellness Calendar

Wyandanch Public Library's Seed Library coming late June!



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Instagram [@CHSC LongIsland](https://www.instagram.com/CHSC_LongIsland)



Creating Healthy Schools and Communities

Contact Information

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