

March 2010 Kids First Workshops & Programs

3/1 Taco Topper Day at Bradford Elementary School, Westerly

Food Service Director Mary Piccolo has invited Kids First Chef Hope Ryan to prepare some tasty and healthy taco toppings for students during Taco Topper Day at Bradford Elementary School in Westerly.

3/1 Tray Encouragement Day at Hanaford School, East Greenwich

Food Service Director Annie Stoehr has invited Kids First Professional Deb Vincent to encourage students at Hanaford School in East Greenwich to choose a rainbow of colorful fruits and vegetables for their lunch trays.

3/2 John F. Deering Middle School Offers Display Cooking for Students, West Warwick

Food Service Director Donna Walker has invited Kids First Chef Katie Hopewood to offer a display cooking event for the student lunch program at John F. Deering Middle School in West Warwick. Katie will use the freshest ingredients to prepare made-to-order Mexican burritos.

3/2, 3/9, 3/16, 3/23 & 3/30 Hampden Meadows Students Learn to Prepare Kid Friendly Foods, Barrington

Kids First Chef Leah Sarris and the Chartwells staff will develop delicious and kid friendly recipes to be used in an eight week after school enrichment program. The program will teach students kitchen basics (including food safety) and how to prepare recipes using fresh fruits and vegetables, whole grains and beans. Participants will also get to taste their yummy creations. This hands-on class will help participating students learn to choose, prepare and enjoy healthy foods both in school and at home.

3/2 & 3/9 Boys and Girls Club of Pawtucket Children and Parents Learn About Healthy Eating

Kids First Chef William McBride will continue an interactive eight week workshop called "Let's Get Cooking" for the Boys and Girls Club of Pawtucket. Kids and parents will learn the basic concepts of healthy eating while creating simple, healthy recipes. The focus will be on seasonally available ingredients and using healthy and economical food items. There will be tastings and distribution of recipes and nutrition education handouts.

3/2/10 Taco Topper Day at Dunn's Corner School, Westerly

Food Service Director Mary Piccolo has invited Kids First Chef Hope Ryan to prepare some tasty and healthy taco toppings for students during Taco Topper Day at Dunn's Corner School in Westerly.

3/2/10 Smithfield High School Hosts Health Fair

School Nurse Teacher Cathy Riley has invited Kids First Dietitian Ellen Shaw to participate in the Smithfield High School Health Fair. An information table will be set up with interactive nutrition stations, handouts and delicious samples of roasted chick peas.

3/2/10 Tray Encouragement Day at Brown Avenue School, Johnston

Food Service Director Lynn Rooney has invited Kids First Physical Activity Professional Lori Keough to join students at lunch to encourage them to choose a rainbow of colorful fruits and vegetables for their lunch trays.

3/2 & 3/4 RI Grown Carrots Served in Cumberland

Food Service Director Lynne Conca has invited Kids First Chef William McBride to prepare an original dish made with RI grown carrots for students at McCourt Middle School (3/2) and North Cumberland Elementary School (3/4) during the school lunch period. Supports local farms!

3/3 Display Cooking at Westerly High School

Food Service Director Mary Piccolo has invited Kids First Chefs Kimberly Sporkmann and Hope Ryan to offer a display cooking event for the student lunch program at Westerly High School. Fresh ingredients will be used to prepare a made-to-order Asian veggie stir fry.

3/3 West Warwick High School Offers Display Cooking for Students

Food Service Director Donna Walker has invited Kids First Chef Katie Hopewood to offer a display cooking event for the student lunch program at West Warwick High School. Chef Katie will use the freshest ingredients to prepare made-to-order Mexican burritos.

3/3 Whole Grain Tasting for Ponaganset Middle School Students, North Scituate

Richard Leso, Food Service Director at Ponaganset Middle School, wants to highlight Nutrition Kick-off Month with some new healthy dishes for students to try. To encourage eating more whole grains, he has invited Kids First Chef William McBride to prepare several whole grain recipes for student to sample during lunch.

3/4 Tray Encouragement Day at Marieville Elementary School, North Providence

Food Service Director Derek Hague has invited Kids First Staff members Kerry Clougher, Kim Korb and the “Miss RI Apple” costume character to encourage students at the Marieville Elementary School in North Providence to choose more fruits and vegetables at lunch during Tray Encouragement Day.

3/4 Display Cooking at Ashaway Elementary School, Chariho

Food Service Director Annie Stoehr has invited Kids First Chef Katie Hopewood to offer a display cooking event for the student lunch program at Ashaway Elementary School.

Chef Katie will use the freshest ingredients to prepare a made-to-order chicken stir fry for students.

3/4 Tray Encouragement Day at Barnes Elementary School, Johnston

Food Service Director Lynn Rooney has invited Kids First Physical Activity Professional Lori Keough to encourage Barnes Elementary School students in Johnston to choose a rainbow of colorful fruits and vegetables for their lunch trays.

3/4 Stir Fry Lunch at Narragansett High School

Food Service Director Karen Orabona has invited Kids First Chef Hope Ryan to prepare a special Asian stir fry for students at Narragansett High School. Students will be able to choose an entrée full of tasty vegetables in a rainbow of colors.

3/4 Tray Encouragement Day at Meadowbrook School, East Greenwich

Food Service Director Annie Stoehr has invited Kids First Professional Deb Vincent to join Meadowbrook School students at lunch to encourage them to choose a rainbow of colorful fruits and vegetables for their lunch trays.

3/4 Breakfast Demo at Edmund Flynn School, Providence

To encourage participation in the Breakfast Program, Kids First Chef Jessica Williams has been invited to the Edmund Flynn School in Providence to make breakfast parfaits for students in the School Breakfast Program.

3/5 Breakfast Demo at Reservoir Avenue School, Providence

Kids First Chef Jessica Williams has been invited to the Reservoir Avenue School in Providence to make breakfast parfaits for students in the School Breakfast Program.

3/5 Alvarez High School Students learn about RINR, Providence

Amelia Rose of the Providence Justice League would like students to know more about the new RI Nutrition Requirements (RINR) for the school lunch program. She has invited Kids First Chef Katie Hopewood to do a demonstration and tasting of some tasty RINR recipes for students at the Alvarez High School in Providence.

3/5 Chili Day Training and Sampling at Chariho High School

Food Service Director Annie Stoehr wants her staff to learn healthy cooking methods. She has invited Kids First Chef Hope Ryan to train food service staff at Chariho High School to make a delicious, healthy chili that will then be given to students to sample.

3/5 Burritos for Lunch at Johnston High School

Food Service Director Lynne Rooney has invited Kids First chefs William McBride and Max Grippo to prepare Mexican burritos for students at Johnston High School for the school lunch program.

3/8 Lincoln Middle School Students Get all “Juiced” Up

Physical Education teacher Melanie Mellen has invited Kids First Chefs Kimberly Sporkmann and Kerry Clougher to present a fun interactive program to teach basic nutrition and the importance of eating healthy. Food Service Director Andrew Viveiros will provide local carrots for the students to peel, shred and juice in the classroom and healthy snacks will be provided. Supports local farms!

3/8-3/12 “Betcha Can” Week in Newport Schools

During National School Breakfast Week, five Newport schools will participate in a “Betcha Can” week including a day at each school with a Build Your Breakfast Sandwich Bar and a whole grain dish tasting during lunch. Events will take place at Coggeshall School (3/8), Cranston Calvert School (3/9), Underwood School (3/10), Sullivan School (3/11) and Thompson Middle School (3/12).

3/8 Breakfast Demo at George J. West Elementary School, Providence

A healthy breakfast helps students perform better in school. Kids First Chef Hope Ryan has been invited to prepare a delicious breakfast pizza for students to encourage participation in the School Breakfast Program at George J. West Elementary School in Providence.

3/9 Display Cooking at Hope Valley Elementary School, Chariho

Food Service Director Annie Stoehr has invited Kids First Chefs Hope Ryan and Katie Hopewood to offer a display cooking event for the student lunch program at Hope Valley Elementary School in Chariho. Chef Hope and Chef Katie will use the freshest ingredients to prepare a chicken stir fry dish.

3/9 Whelan School Kindergarten Students Learn about Healthy Snacking

Food Service Director Derek Hague has invited Kids First Chef Kimberly Sporkmann, Kids First Dietitian Ellen Shaw and Physical Activity Professional Lori Keough to present a lively program on healthy snacking to Kindergarten students at the Whelan Elementary School in North Providence. Students will learn through songs, activities and sampling healthy snacks. There will also be a classroom visit by the Mrs. RI Apple costume character.

3/10 Ponaganset Middle School Community Wellness Fair, North Scituate

Jamie LaRose, teacher at Ponaganset Middle School, has invited Kids First Educator Deb Tillinghast to participate in the Ponaganset Middle School Community Wellness Fair in North Scituate. An information table will be set up with interactive nutrition stations, handouts and recipes. Samples of apples from a local orchard will be available. Supports local farms!

3/10/10 Breakfast Demo at Windmill Elementary School, Providence

A healthy breakfast helps students perform better in school. Kids First Chef Max Grippo has been invited to prepare a breakfast pizza for students to encourage participation in the School Breakfast Program at Windmill Elementary School in Providence.

3/10/10 South Kingstown High School Offers Display Cooking for Students

Food Service Director Karen Orabona has invited Kids First Chef Hope Ryan to offer a display cooking event for the student lunch program at South Kingstown High School. Chef Hope will use the freshest ingredients to prepare a made-to-order Asian stir fry for students.

3/10 Hope Elementary School Goes Whole Grain with Mac & Cheese, Scituate

Food Service Director Andrew Viveiros has asked Kids First Chef Elizabeth LaMantia to set up a table for whole grain Mac & Cheese tasting during lunch at Hope Elementary School in Scituate.

3/11 Display Cooking at Westerly Middle School

Food Service Director Mary Piccolo has invited Kids First Chefs Hope Ryan and Marisa Anan to offer a display cooking event for the student lunch program at Westerly Middle School. Chef Hope and Chef Marisa will use the freshest ingredients to prepare an Asian veggie stir fry for students.

3/11 Coggeshall School parents compete in Grocery Bingo, Newport

Parents of students in the Coggeshall School in Newport will attend a workshop on low cost healthy eating. Food Service Director Solange Morrissette has invited Kids First Chef Kimberly Sporkmann to conduct a workshop with a cooking demonstration and tasting of a low cost nutritious recipe. Parents will have the opportunity to win free groceries with a game of Grocery Bingo.

3/11/10 Students at Garvin Memorial School Learn about RINR, Cumberland

School Nurse Donna Marszalkowski has invited Kids First Educator Deb Tillinghast to present a fun interactive program to explain the new RI Nutrition Requirements and provide a tasting of a delicious whole grain snack.

3/11 Ricci Middle School Offers Display Cooking for Students, North Providence

Food Service Director Derek Hague has invited Kids First Chefs Marisa Anand and Kerry Clougher to offer a display cooking event for the student lunch program at Ricci Middle School in North Providence. Chef Marisa and Chef Kerry will set up a Burrito Station for the school lunch, and students will be able to pick their toppings for the tasty whole wheat rice and bean burritos.

3/11 Tray Encouragement Day at Narragansett Elementary School

Food Service Director Karen Orabona has invited Kids First Dietitian Katie Hopewood to encourage students to choose a rainbow of colorful foods for their lunch trays.

3/12/10 Chili Cheese Nachos at Chariho Middle School, Wood River Junction

Food Service Director Annie Stoehr has invited Kids First Chefs Hope Ryan and Katie Hopewood to prepare a healthy version of chili cheese nachos for the school lunch program at Chariho Middle School.

3/13 Health Fair at State Street School, Westerly

School Nurse Teacher Claudia DiBernardo has invited Kids First Educator Kathi Masi to participate in the State Street Health Fair in Westerly. An information table will be set up with interactive nutrition stations, handouts and recipes.

3/15 Bishop McVinney Students Learn about Good Nutrition, Providence

School Nurse Nora Thurber has invited Kids First Chef Jessica Williams to present a fun program about good nutrition through song to 4th and 5th grade students at Bishop McVinney School.

3/15 & 3/16 Hummus Training and Sampling at Westerly High School and Westerly Middle School

To help food service staff learn healthy ways to prepare food, Food Service Director Mary Piccolo has invited Kids First Chefs Hope Ryan and Kerry Clougher to teach staff at Westerly High School (3/15) and Westerly Middle School (3/16) how to make a tasty hummus dip. Students will have the opportunity to sample this new dish during the school lunch period.

3/16 Tray Encouragement Day at Matunuck School, South Kingstown

Food Service Director Karen Orabona wants students to choose more fruits and vegetables during lunch. She has invited Kids First Master Gardener Kim Korb to encourage students at Matunuck School in South Kingstown to choose a rainbow of colorful foods for their lunch trays.

3/16 Chicken Stir Fry at Richmond Elementary School, Wyoming

Food Service Director Annie Stoehr has invited Kids First Chef Katie Hopewood to prepare a chicken stir fry filled with fresh tasty vegetables for the school lunch program.

3/17 Healthy Fund Raising at Lincoln High School

Transition Coordinator Patricia Kilsey believes in healthy fund raising ideas for her transitional students. She has invited Kids First Chef Kerry Clougher to prepare individual whole wheat Irish breads and other healthy snacks to be sold by students at the Café Cart for a St Patrick's Day fund raiser.

3/17 Bishop McVinney Students Learn about Good Nutrition, Providence

School Nurse Nora Thurber has invited Kids First Chef Jessica Williams to present a program about good nutrition through song to 3rd graders and pre kindergarten students at Bishop McVinney School in Providence.

3/18 Tray Encouragement Day at Whelan School, North Providence

Food Service Director Derek Hague has invited Kids First Dietitians Deb Vincent and Marisa Almon to visit students at Whelan School in North Providence during lunch and encourage them to choose legumes, dark leafy greens and dark orange vegetables.

3/18 Chicken Stir Fry at James H. Eldredge Elementary School, East Greenwich

Food Service Director Annie Stoehr has invited Kids First Chef Hope Ryan and Master Gardener Kim Korb to prepare a chicken stir fry filled with fresh tasty vegetables for the school lunch program.

3/18 Mrs. RI Apple Visits Edmund W. Flynn School, Providence

Eating a healthy breakfast is important to good nutrition and doing well in school. To encourage participation in the School Breakfast Program, students at the Edmund W. Flynn School in Providence will have a surprise visit from the Mrs. RI Apple costume character during breakfast.

3/19/10 Chili Cheese Nachos at East Greenwich High School

Food Service Director Annie Stoehr knows that good nutrition can be fun. She has invited Kids First Chef Hope Ryan to prepare chili cheese nachos for the school lunch program at East Greenwich High School.

3/19 Toll Gate High School Students Learn about RINR, Warwick

Health Teacher Cecile Davidowicz wants her students to understand about the new healthy changes to the school lunch program. She has invited Kids First Chef Jessica Williams and Kids First Educator Deb Tillinghast to present an interactive program to explain the new RI Nutrition Regulations to students. Jessica and Deb will provide some samples of the new healthier offerings.

3/19 Career Fair at Aldrich Jr. High School

Because many students would like to learn more about careers in cooking and food, Brenda Aspelund, teacher at Aldrich Jr. High School in Warwick, has invited Kids First Nutritionist Marisa Almon to speak to students about her career as a nutritionist during the school's Career Fair. Marisa will talk about the best and most challenging things about her career, the personal qualities and skills needed to be a nutritionist, and offer career and education advice to aspiring chefs/nutritionists.

3/22, 3/23 & 3/24 Warwick High Schools Offer Display Cooking for Students

Food Service Director Marc Roy has invited Kids First Chefs Jessica Williams, Katie Hopewood and Max Grippo to offer a display cooking event for the student lunch programs at Pilgrim High School (3/22), Warwick Veterans Memorial High School (3/23) and Toll Gate High School (3/24). The freshest ingredients will be used to prepare a made-to-order lunch entrée for students.

3/22 Breakfast Demo at George J. West Elementary School, Providence

A healthy breakfast helps students perform better in school. Kids First Chef Hope Ryan has been invited to prepare a delicious potato and egg wrap for students to encourage participation in the School Breakfast Program at George J. West Elementary School.

3/23 & 3/24 Hummus Training and Sampling at Springbrook Elementary School and State Street Elementary School, Westerly

To help food service staff learn healthy ways to prepare food, Food Service Director Mary Piccolo has invited Kids First Chefs Hope Ryan and Kerry Clougher to teach staff at Springbrook Elementary School (3/23) and State Street School (3/24) how to make a tasty hummus dip. Students will have the opportunity to sample this new dish during the school lunch period.

3/23 Tray Encouragement Day at West Kingstown Elementary School

Food Service Director Karen Orabona has invited Kids First Master Gardener Kim Korb to encourage students at West Kingstown Elementary School in South Kingstown to choose a rainbow of colorful foods for their lunch trays.

3/24/10 Stir Fry Station at Curtis Corner Middle School, Wakefield

Food Service Director Karen Orabona has invited Kids First Chef Katie Hopewood to set up a special Asian stir fry station for students at Curtis Corner Middle School in Wakefield. Students will be eager to create their own delicious entrée full of tasty vegetables in a rainbow of colors.

3/25 Chicken Stir Fry at Meadowbrook Elementary School, East Greenwich

Food Service Director Annie Stoehr has invited Kids First Chef Hope Ryan and Master Gardener Kim Korb to prepare a chicken stir fry filled with fresh tasty vegetables for the school lunch program.

3/26/10 Mr. RI Potato Visits Webster Avenue School, Providence

Eating a healthy breakfast is important to good nutrition and doing well in school. To encourage participation in the School Breakfast Program, students at the Webster Avenue School will be served egg and potato wraps for breakfast and will have a surprise visit from the Mr. RI Potato costume character.

3/26 Chili Cheese Nachos at Cole Middle School, East Greenwich

Food Service Director Annie Stoehr has invited Kids First Chef Hope Ryan to prepare a healthy version of chili cheese nachos for the school lunch program.

3/26/10 Tray Encouragement Day at Frenchtown School, East Greenwich

Food Service Director Annie Stoehr has invited Kids First Chef Kerry Clougher to encourage students at Frenchtown School in East Greenwich to choose a rainbow of colorful foods for their lunch trays.

3/26 Display Cooking at Thompson Middle School, Newport

Food Service Director Solange Morrissette has invited Kids First Chef Katie Hopewood and Master Gardener Kim Korb to offer a display cooking event for the student lunch program at Thompson Middle School. The freshest ingredients will be used to prepare a delicious entrée for students.

3/29 Tray Encouragement Day at Hanaford School, East Greenwich

Food Service Director Annie Stoehr has invited Kids First Professional Deb Vincent to join students at lunch to encourage them to choose a rainbow of colorful fruits and vegetables for their lunch trays.

3/30 Taco Topper Day at Spring Brook Elementary School, Westerly

Food Service Director Mary Piccolo has invited Kids First Chef Hope Ryan to prepare some tasty and healthy taco toppings for students during Taco Topper Day.

3/30 “Snacks vs Treats” at Hamilton Elementary School, North Kingstown

Fourth grade Teacher Paula Paolino knows that good nutrition is important for her students. To do something special for National Nutrition Month, she has invited Kids First Nutritionist Marisa Almon and Chef Katie Hopewood to present a fun interactive program to help 4th grade students at Hamilton Elementary School in North Kingstown learn the difference between snacks (everyday nutritious food) and treats (occasional special food). Healthy snacks will be provided for students to sample.

3/31 Taco Topper Day at State Street School, Westerly

Food Service Director Mary Piccolo has invited Kids First Chef Hope Ryan to prepare some tasty and healthy taco toppings for students during Taco Topper Day.

3/31 Breakfast Demo at Windmill Elementary School, Providence

A healthy breakfast helps students perform better in school. Kids First Chef Jessica Williams has been invited to prepare delicious breakfast parfaits for students to encourage participation in the School Breakfast Program at Windmill Elementary School in Providence.