



NOVEMBER 2018 NEWSLETTER



Happy November Everyone!

It was great to see so many of you at conferences! Special thanks to all of you who have registered your Kwik Trip rewards cards for the NWI fund-raiser at kwikrewardskares.com. This is an AMAZING fund-raiser for our school as we get 10% on the dollar on most inside sales and 10 cents per gallon on fuel purchases, until December 31st. We have already raised \$800 in just a few short weeks. Additionally, after registering your card for the Kwik Rewards Kares program, you still receive your same personal rewards from the use of your card! Win win for all! If you still need to enroll your card to start raising money for North Woods go to kwikrewardskares.com and fill out the enrollment page (see attached flyer for more information).

As we look ahead to November, it is an exciting month for International events in La Crosse as November 2-9 is Global Initiatives Week and I am very proud to say that North Woods International is hosting the Kick-off Event at our school! This is a wonderful family event, with free samples of different types of international foods, informational booths and give aways from many different organizations in La Crosse with international ties. There will also be a multi-lingual story room (in our music room) and so much more. Please check out the [Global Initiatives Week website](http://GlobalInitiativesWeek.com) for complete information and details about the kick-off, and other events that week.

I am also excited to share that our fourth and fifth grade teachers and several North Woods International teachers will be sponsoring a BAKE SALE table this month at the La Crosse SOUP event on November 7th at the Concordia Ballroom (SOUP is a bi-monthly micro-granting and community building event in La Crosse, WI making La Crosse an even better, cooler, place to live!) All proceeds from the Bake-Sale will go to the winning bid. Sammie, our North Woods International service dog, received a micro-grant at a SOUP event in the past.

November 9th is also our Veteran's Day/Grandparents Day celebration. Our Veteran's Day program begins at 9:15 AM, followed by our annual Grandparents' Day festive lunch. Additionally, our second Coffee, Tea and IB event will be held on Thursday, November 15th from 8 - 8:30 AM in the LGI. This month our focus will be on how Spanish instruction will be delivered at North Woods International School as we move forward as an International Baccalaureate School.

Finally, we wish safe travels and all the best to North Woods first grade teacher, Leah Justin. Ms. Justin was selected from the district to participate in the international teacher exchange with La Crosse's sister city school in Luoyang China from October 18th through Thanksgiving. Ms. Justin will be teaching there, along with another teacher from our district, Suzanna Barnhart. What an exciting opportunity for Leah and for our school. You may wish to follow her blog by clicking on the following link: [Luoyang, China 2018](http://Luoyang,China2018.com).

Have a great November everyone!

In partnership,

A handwritten signature in cursive that reads "Sandra Brauer".

Sandra Brauer

North Woods International Principal

MARK IT DOWN! UPCOMING EVENTS!

Fri. Nov 2nd: Global Initiatives Kick off!
(4pm-7pm see information on page 9)

Sun. November 4th: Daylight Savings!

Fri. November 9th: Grandparents Day
& Veterans Day

Fri. November 9th: Early Release (1:15
dismissal)

Tues. November 13th: Report Cards Sent
home

Wed. November 14th: Picture Retake Day

Thurs. November 15th: Coffee, Tea & IB
8:00am in the LGI

November 21, 22, 23: No School!

Thurs. Dec 13th: Second Grade Dental
Sealants

Thurs. Dec 14th: Third Grade Dental
Sealants

Fri. December 21st: Gift of Giving

December 24-Jan. 2, 2019:

No School Winter Break

WHAT IS THE LGI?

The LGI is our Large Group Instruction room! It is located down the hallway on the way to our cafeteria and gym. It has a stage and large windows!

GRANDPARENTS DAY LUNCH SCHEDULE

Grandparents can take grandchildren home after lunch. Please make sure your grandchild's teacher is aware that you are taking them with you!

11:00 K Lunch

11:15 1st grade lunch

11:30 2nd grade lunch

11:45 3rd grade lunch

12:00 4th & 5th grade lunch

VETERANS & GRANDPARENTS DAY!

Date: November 9th, 2018 (Early Release:
Dismissal 1:15PM)

The schedule will go as follows:

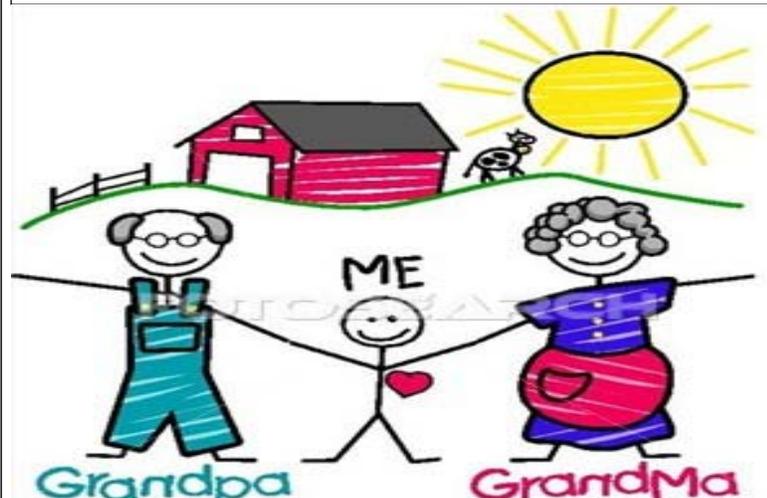
9:15 AM – approx. 10:15AM Veterans Day
Assembly GYM

Then, starting at 10:15 AM, we ask that grandparents and their grandchildren walk to their teachers' classroom for various activities! When your students grade is scheduled for lunch (see schedule on the bottom left), teachers will dismiss you from their class, to the cafeteria to eat lunch with your grandchild.

If you are not attending the Veterans Day Assembly, and just attending Grandparents Day, you can arrive at school 15 minutes before your grandchild's lunch time and join them in the cafeteria (volunteers will be here to help direct you). Also, grandparents, you will have the opportunity to have your pictures taken with your grandchild, and purchase at a low cost, thanks to our TEAM (Parent) Association!

Interested in helping sign up here!

www.volunteersignup.org/TXMT8



FOOD DRIVE! OCT 22nd-NOV 2nd

Bring in canned food items October 22nd-November 2nd for our school food drive! Donations brought in will be sent to Logan High School for their iFeed program on November 3rd! Protein rich items are preferred but all items are welcome! The grade level with the most food wins a prize!

Jell-O Drive!

Jell-O is also being collected for our annual Jell-O Drive! The Jell-O will be brought to the Salvation Army. Any brands and flavors are accepted. The Jell-O drive runs from October 22nd- November 20th

Oktoberfest Parade

Great job to all those who walked in the Oktoberfest Parade for North Woods International.



DAYLIGHT SAVINGS ENDS!

Daylight savings ends on November 4th! Make sure to set your clocks back an hour! An extra hour of sleep over the weekend will make for a great Monday!

GIFT OF GIVING!

This year the Gift of Giving will be held on Friday, December 21st, 2018. Students will have the opportunity to purchase gifts for family members for the holiday season. All items will be sold for \$.25, students will wrap the gifts and bring them home with them. Do not send more than \$1.00 with your child. We allow students to purchase 2 items to wrap. Additional items can be purchased (up to 4) if enough donations are available.

Donations of new or gently used items such as books, jewelry, games, household items, toys, holiday decorations, or other useful items may be sent to school starting Monday, December 3rd through Thursday, December 20th (we are tight on space this year so we would like to wait to have donations come in until December). More information coming soon from TEAM!

Interested in being Santa's Helpers (Volunteers)?

Sign up here: www.volunteersignup.org/MBKHX

COFFEE, TEA & IB

The next Coffee, Tea & IB will be November 15th at 8:00 AM in the LGI!



P200 CLUB

Congrats to our Principal 200 club winners! We have been very proud of our students these first few months of school. Great job! Keep it up!

Principal 200 club winners so far have won:

*bowling

*kwik trip ice cream

*extra recess

*lunch bunch

These students are enjoying lunch bunch with Mrs. Brauer!

Keep up the great work!

STORY WALK RIBBON CUTTING CEREMONY

The installation of the North Woods Story Walk was celebrated with a ribbon cutting ceremony on October 4th. The ribbon cutting ceremony was a success and students had a great time on their first walk!

Two years ago Title Teachers Jeanette Schams and Sara DePaolo were looking for a way to celebrate Read for the Record, a one day event attempting each year to have the most people reading the same book on the same day. Nicole Johnson, Librarian, suggested a Story Walk in which students spend time reading while being active outdoors. For two years Title Teachers offered temporary Story Walks to be used to celebrate Read for the Record. A grant was then written to build permanent fixtures so a permanent Story Walk could be used all year long. The Gold Star Grant was received from the La Crosse Public Education Foundation and supported by Coulee Bank of Onalaska. The construction of twenty fixtures was completed by the talents of Mike Wuensch, North Woods Custodian. The inaugural story chosen was Be Kind, it embodies the kindness bestowed upon us for this generous donation and also our IB attribute of Caring. Kindness was further recognized as "Buddy Classrooms" enjoyed the story by older students reading to younger students. The Story Walk will add over 800 hours of reading for North Woods students just this year, and many more for years to come. Students and staff are very thankful for this great addition to our school! The link is a Fox news article about the ribbon cutting:

<https://www.weau.com/content/news/North-Woods-International-School-debuts-permanent-story-walk-495211801.html>



IB NEWS:

We have now had time to focus on three out of the ten learner profile attributes as a whole school. November, we will focus our learning on how to be a “risk-taker”. IB’s definition of a Risk-Taker is:

- *“Approach unfamiliar situations and uncertainty with courage and forethought, and have the independence of spirit to explore new roles, ideas and strategies. You are brave and articulate in defending your beliefs.”*

Encourage your child to be a risk-taker.

Please ask your child to explain what they have learned about the learner profile attributes.

Attribute of the Month:

September - Caring

October - Inquirers and Communicators

November - Risk-Takers

December - Principled

January - Open-minded

February- Balanced

March - Thinkers

April - Knowledgeable

May - Reflective

Upcoming IB events/Save the dates:

Nov. 15th - Coffee, Tea, and IB at 8:00 am in the LGI

- Spanish language component

Dec. 5th - 2nd grade IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

Dec. 13th - Kindergarten IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

January 10th- 3rd grade IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

January 24th- 4K IB showcase night from 5:30-6:30

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

March 28th - 4th IB showcase night

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

April - 1st grade IB showcase night (Date to be determined)

- Please join us for a meal and student presentations of their learning
- More information will be sent out closer to the event

TITLE TIPS: NOVEMBER 2018

Creating Reading Routines

Studies show that we learn best from repetition. Developing reading routines is a great way to work on learning to read.

Below are some routines that you could do with your child while reading:

- Picture walk - look at pictures before reading
- Ask questions before, during, and after reading
- Set aside independent reading time each day
- Explore books of choice
- Visualize what is happening in the story
- Read a variety of print each day (magazines, e-books, newspapers, apps, chapter books, picture books)

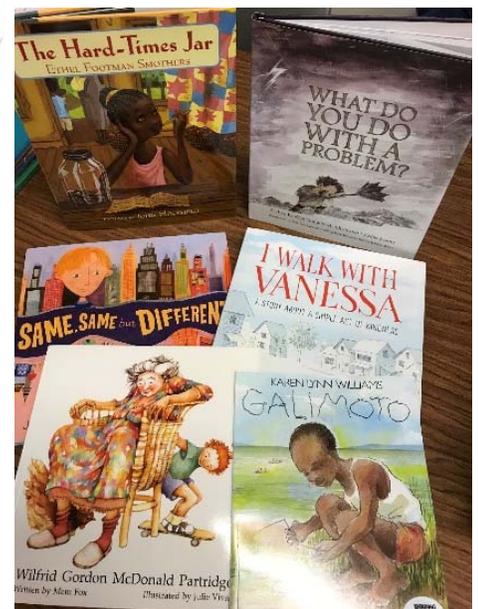


GLOBAL SOUP WEDNESDAY NOVEMBER 7TH!

The next La Crosse SOUP (a bi-monthly micro granting and community event) is being held on Wednesday November 7th during the Global Initiatives Week in La Crosse (November 2nd - 8th). It will be held in La Crosse (6pm) at the Concordia Ballroom. North Woods International will be providing all baked goods for the event and set up begins between 5 and 5:30 PM. The proceeds from this part of the event, go directly toward the winner of that night's pitch. These donated baked goods have raised between \$300-500 dollars for the winning pitch in the past! These bake sales have been a welcome addition to the event and have given students an enhanced perspective on what good things are happening in La Crosse. For more information, check out their Facebook page!

<https://www.facebook.com/LaCrosseSOUP/>

SAVE THE DATE - Since Veteran's Day falls on a Sunday this year, we are looking for 4th and 5th grade student volunteers to perform for the UWL Veteran's Day Breakfast at the field house at UWL on Sunday, November 11th. Students will need to be there by 10AM, and will perform at 10:15. Interested students should let their teacher know!



We would like to say thank you to the **La Crosse Public Education Foundation** for the grant to purchase IB resources for our classrooms. With the money we received we were able to purchase books that connect to our IB learner profile attributes. In the picture are just a few of the amazing books we were able to purchase.



PBIS UPDATE:

R-E-S-P-E-C-T

In October, staff and students have been focusing on the IB attribute of **Principled**, in other words being respectful and caring.

Staff reward a peace pals to students who are showing respectful caring behavior. Classrooms have had lessons about respect this month.

The North Woods definition of respect:

Your voice, body and actions show that you are caring to others, to yourself and to property.

To show RESPECT in the classroom students can:

- Raise their hands when waiting to share.
- Follow directions the first time they are given.
- Say kind words to peers.

At home and at school respectful relationships are important for understanding. Here are some other ways students can show they are respectful: share, take turns, wait patiently, be polite, solve disagreements peacefully, treat everyone the same, and treat others the way they would want to be treated.

This month watch a video with your student about respect:

<https://www.youtube.com/watch?v=GOzrAK4gOSo> A link to Sesame Street Word on the Street P Respect



<https://www.youtube.com/watch?v=uO7iuTvKhwY> Respect Rap With Prologue

The word on the street this week is respect: treating people the way you want to be treated. Everyone understands the importance of respect, little kids, Superman, a bunch of chickens! Watch this video to hear what other people think about respect, and please, be respectful while watching the video.

HOLIDAY JELL-O DRIVE FOR SALVATION ARMY

Please consider donating boxes of gelatin for our annual Salvation Army Food Drive

Starting October 22nd until November 20th North Woods International Elementary will be collecting boxes of gelatin for those in need.

Our goal last year was 200 boxes of gelatin and this year the Salvation Army has asked us to raise our goal to 500 boxes! Any brand or flavor will be accepted.

Students should bring gelatin boxes to their classrooms and the top collecting classroom will receive a Pizza Party!



Thank you in advance for your generosity!



"PASS A SMILE!"

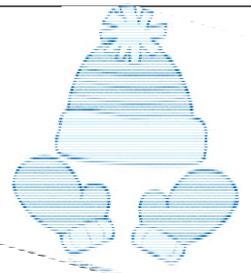
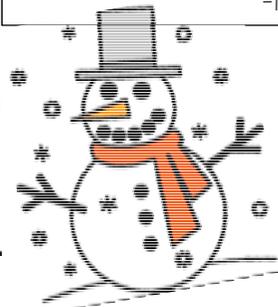
Our first graders have come up with a great action project in order to track how one good act can encourage many others. We have started "Pass a Smile." Please visit our website at <http://PassASmile.weebly.com>. On the website you can read more about our project, download your own smiles, and start sharing smiles! We encourage all children to do small acts of kindness to friends, neighbors, members of the community, and more. We are hoping to pass our smiles as far as possible, so feel free to download and share smiles/kind acts wherever possible.



-JUST A QUICK NOTE FROM YOUR NWI PHYSICAL EDUCATION TEACHER, MR. HEIN!

As the weather is turning colder, please know that we still like to use our outdoor space for PE (and recess). It's really important to have your student dressed for outdoor activities every day. Additionally, if you have extra gloves, snow pants, or boots that you'd like to donate to North Woods, we would really appreciate it! These extra clothes and accessories are cared for and cleaned often so that all students can play outside and stay warm. Thanks for all you do and be well!

-Mr. Joshua Hein



NATIONAL SCHOOL LUNCH WEEK

The kitchen kicked off National School Lunch week with a few fun activities. The kids were given the opportunity to hold up their favorite item on their tray and get their picture taken with the "Healthy lunch Snapshot" frame! Several favorites included fresh Honeycrisp apples and chocolate milk! The kitchen also wrote a special message on each and every banana we served that week, some of the messages included "Lunch Ladies Rock" "Mind your manners" "be a friend" "smile" among other things. And to end the week, each child who purchased a school lunch was rewarded with a 100% Juice Slushie, also a favorite served in the kitchen here at Northwoods. Keep your eyes peeled for National School Breakfast Week coming up!

Check out photos on the next page!



National School

Lunch Week!

Celebrate Sixth Annual Global Initiatives Week >> November 2-9, 2018

Kick-Off Celebration

DANCE - ART - MUSIC - FILM - FOOD - POETRY

You are invited to attend
Kick-Off Celebration!

Friday, November 2
4-7 p.m.

North Woods
International School

N2541 Sablewood Road
La Crosse, WI 54603



Global Awareness Fund
Promoting global citizenship through
intercultural understanding



www.uwlax.edu/committee/global-initiatives

www.explorelacrosse.com/global

FREE EVENT includes:

- >> Free appetizers provided by local restaurants
- >> Multi-lingual children's story time
- >> Cultural celebration through dance and music performances
- >> Information about our region's global and cultural connections



UNIVERSITY of WISCONSIN
LA CROSSE

FESTIVAL of NATIONS®

SAVE THE DATE! Festival of Nations has been scheduled for:
Thursday May 9th (Grades K 6:00pm & 1 6:45pm)
Thursday May 16th (Grades 2 6:00pm & 3 6:45pm)
and Tuesday May 21st (Grades 4 & 5 6:00pm)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken Gyro /Flatbread Homemade Cheese Pizza Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Cucumber Sauce	Fish Nuggets Cheeseburger on WG Bun Yogurt Lunch Oven Fries Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Burger Fixins
5	6	7	8	9
Macaroni & Cheese Hot Dog /Bun Yogurt Lunch Carrot Coins Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick WG Cookie Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins	Herb Roasted Chicken Hot Italian Sub Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Mashed Potatoes	Orange Chicken EZ Jammer Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Brown Rice Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk	Turkey Club Sandwich Homemade Sausage Pizza Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk	Roast Turkey & Gravy Meatballs & Gravy Yogurt Lunch Country Blend Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Mashed Potatoes
12	13	14	15	16
Macaroni & Cheese Chicken Nuggets Yogurt Lunch Roasted Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Chicken Patty Sandwich Meatballs & Gravy Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Mashed Potatoes	Sausage Patty <i>served with</i> French Toast Sticks Smoked Turkey Deli Sub Yogurt Lunch Potato Wedges Fresh Veggie Bar Assorted Canned Fruit Assorted Fresh Fruit WG Snack Crackers Lowfat White Milk Chocolate Fat Free Milk Lite Mayo Packet Mustard Packet	Sloppy Joe on Bun Homemade Cheese Pizza Yogurt Lunch Baked Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Apple Oatmeal Bar Mini Rice Krispies Treat Chocolate Fat Free Milk Lowfat White Milk	Spaghetti Sauce w/Meat <i>served over</i> WG Pasta Cheese Filled Breadstick Yogurt Lunch Green Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Garlic Toast WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce
19	20	21	22	23
Chicken Tenders Cuban on Loco Bread Yogurt Lunch Honey Glazed Carrots Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Chicken & Gravy Hamburger on WG Bun Yogurt Lunch Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Dinner Roll Chocolate Fat Free Milk Lowfat White Milk Ketchup Packet Mashed Potatoes	Walking Taco Cheese Quesadilla Yogurt Lunch Salsa Seasoned Refried Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Tostito Scoops Chocolate Fat Free Milk Lowfat White Milk	Chicken Alfredo Homemade Sausage Pizza Yogurt Lunch Steamed Broccoli Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk	Fish Nuggets Hot Dog /Bun Yogurt Lunch Roasted Veggies Fresh Veggie Bar Sidekick Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Hot Dog Fixins
26	27	28	29	30
Meatball Sub Popcorn Chicken Yogurt Lunch Roasted Veggies Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Pork Street Taco Toasted Cheese Sandwich Yogurt Lunch Salsa Fiesta Black Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Assorted Graham Snacks Chocolate Fat Free Milk Lowfat White Milk Tomato Soup	Colby Omelet <i>served with</i> Buttermilk Pancakes EZ Jammer Yogurt Lunch Potato Babycakes Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Apple Oatmeal Bar Chocolate Fat Free Milk Lowfat White Milk Syrup	Chicken Patty Sandwich Homemade Pepperoni Pizza Yogurt Lunch Baked Beans Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit WG Snack Crackers Mini Rice Krispies Treat Chocolate Fat Free Milk Lowfat White Milk Chicken Nugget Sauces	Chicken Potato Bowl Cheese Filled Breadstick Yogurt Lunch Corn Fresh Veggie Bar Assorted Fresh Fruit Assorted Canned Fruit Seasoned Breadstick Chocolate Fat Free Milk Lowfat White Milk Marinara Sauce

Harvest of the Month



November



Kale



Pick:

- Look for kale with deeply colored leaves and moist stems. Avoid kale with wilted leaves.

- Choose kale with smaller-sized leaves since these will generally be more tender and have a more mild flavor.

Store:

- Kale can be stored unwashed in a plastic bag in the refrigerator for several days.

- The longer it is stored, the more bitter its flavor becomes.

Prepare:

- Remove the tough center stalk and rinse under cold water before using.

Nutrition Info

One cup of kale has 35 calories and provides vitamins A & C, calcium and potassium.

Fun Facts

Kale actually tastes sweeter after it is frozen or exposed to frost! Look for it at fall or winter farmers' markets for best flavor.

Kale can be green, white, reddish green, purple, or bluish green and the leaves can be many shapes depending on variety.

Curly kale is the most popular variety, and is most likely to be found in grocery stores. Look for other varieties like Lacinato (or Dino) kale or Red Russian at farmers' markets!

Uses

Substitute kale in recipes that use spinach or collard greens or add chopped fresh or frozen kale to vegetable or bean soups.

Kale can be used to make a green smoothie! Remove the stems from kale leaves, and blend with frozen fruit, yogurt and milk.

Farm2School Updates

Did you know that Wednesday, November 15th is the Wisconsin Chili Lunch? Schools, preschools, daycares, hospitals, worksites and other organizations across Wisconsin will be serving Farm2School Chili.

This delicious dish is minimally processed and is made with hearty beans and local veggies that were frozen during their peak season. Find the recipe on the back page and give it a try at home!

Farm2School Chili was originally developed by our Coulee Region Farm2School Program and is now being used statewide!

Creamy Sausage and Kale Soup:

Serves 10

Ingredients:

2 Tbsp. extra-virgin olive oil, divided
1 pound Italian sausage (remove casings)
4 carrots, chopped
½ red onion, diced
4 garlic cloves, minced
1 (28 oz.) can fire roasted diced tomatoes
8 cups chicken stock
4-5 cups diced kale
1 cup half and half
1 cup whole wheat pasta (rotini or other small shape)
freshly grated parmesan
salt and pepper to taste

Ingredients:

Heat 1 Tbsp. oil in a large pot over medium-high. Add the sausage and cook until browned. Remove from the pan and set aside. To the pan, add the remaining oil along with the carrots and onions. Sauté about 6 minutes, until they begin to soften. Season with a pinch of salt and pepper. Add the garlic and sauté another 30 seconds.

Add the tomatoes, stock, kale, pasta and the reserved sausage. Bring to a boil, then reduce the heat to a simmer for about ten minutes, wilting the kale. Add the half and half and simmer for few more minutes. Taste and add salt and pepper if needed. Sprinkle with parmesan and serve.

For more information on Farm2School visit: www.laxF2S.org.

BONUS RECIPE: Farm2School Chili

Serves 11

Ingredients:

1 Tbsp. extra virgin olive oil	1 ¾ cups frozen corn
1 cup diced onions	2 (14.5 ounce) cans diced tomatoes, undrained
¾ cup diced carrots	1 (15 ounce) can black beans, undrained
¾ cup diced celery	1 (15 ounce) can kidney beans, undrained
1 tsp. granulated garlic (or garlic powder)	1 Tbsp. ground cumin
1 Tbsp. chili powder	½ Tbsp. dried oregano
1 cup diced green bell pepper	½ Tbsp. dried basil
1 cup diced red bell peppers	½ tsp. salt
1 ½ cups diced mushrooms	shredded cheddar cheese

Directions:

Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes. Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed. Stir in tomatoes, kidney and black beans. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

Chili Nutrition Facts (per 1 cup serving):

150 calories, 2 g fat, 7 g protein, 27 g carbohydrate, 7 g fiber, 275 mg sodium