

September 2018

Dear Parent(s),

Welcome to a new school year. Here is information that new and returning students and parents will find helpful.

Mobile Menus are in Your Hands

We are really excited to continue to put the power of the school menu, nutrition and allergen information right to the palm of your hand via Nutrislice! In addition to nutrition information, Nutrislice tells the café menu story with real photos taken by Chartwells chefs in schools, full menu descriptions as well as café event information, nutrition education and food stories helping students connect the foods they eat in the café to its origins and health benefits.

Nutrislice is available online through smartphones the web! Download the free Nutrislice App from the App Store (iOS) or Google Play (Android) and search for your menus or find them on the web:

<https://easthampton.nutrislice.com>

MySchoolBucks® is your online payment portal; giving you a quick and easy way to manage and add funds to your student's meal account. You can review recent purchases along with seeing the current balance, plus receive low balance alerts... all for FREE! You can also add money to your student's account using Visa, MasterCard, Discover Card, or debit cards for a small fee. In some schools you can pay directly from your checking account with mySchoolBucks. Many parents have signed on and are using some of the advanced features of mySchoolBucks. The most popular is our "Set it and forget it" payment option, which automatically adds funds to your student's meal account. Funds can be added weekly, monthly or when the balance runs low, (simply choose the "Setup a payment schedule" option during the checkout). MySchoolBucks® provides... • Safety. Your child will no longer need to carry cash to school.

- Convenience. Make payments* when it's convenient for you, 24 hours a day, 7 days a week!
 - Control. Set low balance alerts, view account activity, recurring payments & more!
 - Efficiency. Make payments for all your children in one easy step- even if they attend different schools within the district.
 - Flexibility. Make payments using VISA, MasterCard, Discover Card, Debit or Electronic check.
- Enrollment is easy!

1. Go to www.mySchoolBucks.com and register for a free account. You will need your student's ID# which you can receive from the Food Service Office or School Office. A confirmation email will be sent to the email address you provide; click on the link included in the email to activate your account

2. Activate your account and begin adding your students. You will need their school name and student ID.

3. Add funds* to your students' accounts with your Visa, MasterCard, Discover Card, debit card, or electronic check. *Security is a priority at mySchoolBucks. Our system is secure, providing the highest level of protection for your information. A convenience fee may apply to payments made in your student accounts. You will have the opportunity to review any fees (and cancel, if you choose) before you are charged. Money deposited into lunch accounts can take up to 12 hours to post. If you have any questions, you can email the Support Staff or call 1-855-832-5226. Visit us on Facebook and Pinterest www.pinterest.com/heartlandschsol/.

Free and Reduced Price School Meals Household Application

Please fill out a new 2018-19 Free and Reduced Price School Meals Household Application by October 18th. Applications are available in your School's Main Office. Please fill out and return to the Office. Students who received free/reduced lunch in 2017 - 2018 that had not yet been approved for the current school year will continue to receive that benefit until October. In order to receive benefits beyond that date, parents/guardians will need to submit a new application. Without a new application on file with the school department, you will be responsible to pay the full meal price. Households, who already received a letter indicating that they were pre-approved by the state for the current school year, do not need to submit an application.

Breakfast and Lunch Prices

As the cost of everything increases – there is still one meal that is a great value: both nutritionally and economically! Breakfast is offered daily at the price of only \$1.25. Lunch prices are \$2.65 at the Elementary schools, \$2.85 at White Brook Middle School and \$3.00 at Easthampton Highschool. At these prices, school lunch is still an incredible bargain for families. On average it costs less to buy a school lunch than to bring a lunch with an entrée, whole grains, fruits, vegetables, and low-fat milk from home.

New Menus and Café Spaces

Chartwells K12 chefs and dietitians have been hard at work testing and developing a fresh, new menu for the coming school year designed specifically for Easthampton's students, which include a widevariety of healthy and delicious options. These menus were created using student input from surveys, tastings and everyday conversations as well as local food trends, flavors and produce.

Fresh Produce and Local Partners

Infusing fresh and local flavors into the school menu is a priority for our chefs, and we are proud to support local farmers and companies, bringing students the freshest possible produce while supporting the farmers of Western Mass and Northern CT.

Food & Nutrition Education

Throughout the year, students will have the opportunity to learn about their food and healthier food options through fun and engaging activities that we have planned in the school cafeteria. Through our Discovery Kitchen: Powered by Simply Good food and nutrition education program, brought to the café by Chartwells chefs and dietitians, students will learn about healthier meal options, especially ones with

fruits, vegetables, whole grains and lean proteins. In addition, students will have the opportunity to meet and engage with real Chartwells chefs through fun, exciting culinary demonstrations and new food samplings. We will feature a variety of themes and events - look for more information on these special events coming soon.

We are looking forward to an exciting new year!

Warm Regards,

Ken LePage

Foodservice Director

Easthampton Public Schools

Chartwells K12

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To learn more about Chartwells K12, visit our website www.ChartwellsK12.com

