

## Mark Your Calendars

April 1 - April Fool's Day  
 April 2 - Good Friday  
 April 2 - Autism Awareness Day  
 April 4 - Easter Sunday  
 April 4 - Passover Ends  
 April 12 - Ramadan Begins, Ends May 12  
 April 22 - Earth Day  
 April 30 - National Arbor Day



Sustainable Maschio's

# CONTEST



**We celebrate Earth Day on April 22<sup>nd</sup>!**

This year the focus is on Restoring Our Earth. Be sure to enter in our contest! You or a parent

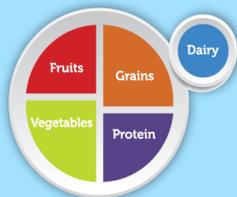
will post a photo answering the question, "How can I make the world a greener place?" and tag us @maschiofood #gogreenwithmaschios. You can show examples of how you practice sustainability like recycling, reusing plastic bags, gardening, composting, be creative! We will announce the contest winners on 4/22! First Prize is a \$150 Amazon Gift Card, Second Prize is a \$100 Amazon Gift Card, and Third Prize is a \$50 Amazon Gift Card.

## Maschio's Grab and Go Meals

Check out Grab and Go meals available in your district!

Many districts are offering free meals to students regardless of their meal status. Meals are also available for remote learning days!

Visit your district's food services page for details or call Maschio's Food Services at 973-598-0005 for details!



## Tips for Sustainable Eating

In the spirit of Earth Day, let's discuss some strategies we can implement to practice sustainable eating!

- 1. Eat more plants:** The Healthy Eating Plate recommends filling half of your plate with fruits and vegetables as part of each meal for several health benefits including rich in micronutrients, fiber, and reducing risk of various diseases or adverse health conditions.
- 2. Eat less meat:** Meat production is a large contributor to greenhouse gas emissions. Consider consuming other sources of protein such as soy, lentils, beans, nuts, and seeds to help improve our environment!
- 3. Eat locally:** Eating produce that is out of season and out of range calls for more resources to be used.
- 4. Eat a diverse diet:** This may come as a surprise, but 75% of the world's food supply comes from just 12 plants and five animal species.
- 5. Eat mindfully:** Tuning in to your hunger signals can lead to smaller portion sizes and less food waste.

<https://www.hsph.harvard.edu/nutritionsource/2015/06/17/5-tips-for-sustainable-eating/>  
<https://www.wwf.org.uk/what-can-i-do/10-tips-help-you-eat-more-sustainably>

*Written By Shane Park, Dietetic Intern, Wellness Workdays*

## Composting to Reduce Food Waste



We can all do our part to minimize the amount of food waste we produce. Unfortunately there are some things you're certainly not going to eat such as pineapple tops, coffee grounds, eggshells, or banana peels. Good news is there is a solution for food waste that doesn't involve throwing these food scraps out. That solution is composting! This can be done anywhere in any home.

- 1. Gather your scraps:** Avoid meat or dairy products.
- 2. Store in a container:** This can be a ceramic container or even a bag in the freezer.
- 3. Choose a place for the compost:** It can be an old trash bin or wooden chest.
- 4. Make your compost mix!:** Most compost ingredients are a mix of "browns" and "greens". Browns are carbon rich items such as egg cartons, newspapers, or dried leaves. Greens are food scraps that add nitrogen to your compost. Layer your browns and greens! Typically, a happy compost is about three-parts browns to one-part greens!
- 5. Wait & Aerate!:** Turn your compost with a stick or shovel. It will turn fluffy and earthy 3 months to a year later.

For more composting help visit  
<https://www.npr.org/2020/04/07/828918397/how-to-compost-at-home>

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