

Poplar Bluff R1 Chartwells December 2023 Nutrition Newsletter

Holiday Spirit Happening Here

chartwells
Discovery
KITCHEN



This Month in Discovery Kitchen

December is Spice It Up! month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Spice It Up! Is a celebration of international recipes that are proven to raise the bar of the spice rack empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

In December, Chef Kevin and I will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about flavor profiles from other countries and how to season foods without salt.

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A Reason to Celebrate!

December 4: National Cookie Day

National Cookie Day on December 4th serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and we enjoy giving cookies to friends and family all season long.

December 11: National Have a Bagel Day

National Have a Bagel Day encourages everyone to enjoy this delicious doughy delight in your favorite configuration and remember the long history of this bread and the people that made it famous.

December 15: National Maple Syrup Day

Get the flapjacks ready for National Maple Syrup Day. December 17th calls for orders of pancakes, french toast, or biscuits topped off with butter and delicious maple syrup.

All Month Long: Happy Holidays

