

Warren Consolidated School
Nutrition Service November 2017 Newsletter



WE ARE LOOKING FOR YOU!!

**WCS NUTRITION SERVICES IS IN NEED
OF DEDICATED FOOD SERVICE
PROFESSIONALS.**

- **Perfect job to have while your children are in school**
- **Weekends, holidays, and school breaks off**
- **Work shifts allow you to still pick your child up from school**
- **Learn a fun new job, and earn some extra money**

JOIN OUR NUTRITION SERVICE FAMILY

Apply online at
www.wcskids.net. The
employment tab is at the
top of the webpage.

Call 586.698.4158 for
more information.



November: Tips to Thanksgiving

By Dietetic Intern Sara Langnas

Stuffing season is right around the corner, which means consuming large portions of food and foods that are generally higher in calories.

What most people do not know, this is **AVOIDABLE!**

It is not required to gain a few pounds and to feel like you cannot move from the couch (even though we all want to watch the **University of Michigan** vs **Ohio State** game).

Here are some tidbits to help you feel better during gobble season:

- Put as many colors on your plate
 - Go Easy on the gravy
 - Pass up the bread basket
- Avoid the skin of your turkey
- Have fresh fruits for dessert



Try making a fruit turkey w/ your little one.



Wellness Policy
You can find our district wellness policy at:
<http://www.wcskids.net/departments/nutrition-services/wellness/index.html>