



May 1, 2017

Dear PS3 Partners & Community:

Hello everyone, I just want to update you on another great month!

Earth Day was a huge success and I was so grateful to be invited to be a part of it! The different tables, the students participation and smiles were so nice to see. Everyone loved the WITS No Waste Salad. I roasted potato skins, used carrot shavings, red & green bell pepper scraps, broccoli stems, cucumber & tomato scraps and more! The kids were very interested to hear about the different veggie scraps used.

Our next and last WITS Labs for the year are the week of May 15th. This will be our Greens Lab, the kids will get to make different salad dressings and trying them with different greens. There will even be a fun fruit surprise with a yummy yogurt dip!

Our next Food Grow Play committee meeting will be May 3rd at 8:30am. Please join us if you can. There are always great ideas and your participation would be a huge help!

As always please reach out to me at any time.

All the best,
Lauren Nilsen
PS3 WITS Chef

***Wellness in the Schools** inspires healthy eating, environmental awareness and fitness as a way of life for kids in public schools.*