

Hello KWS families! We are excited to see your children again and to begin another year of organic, farm-to-table lunches. Please take a moment to read through the following information so you and your children can enjoy all the offerings of the Food For Thought program!

Who is in the kitchen this year?

Cara McQuade Bergman is back for her 5th year as the Kitchen Manager for the Food For Thought program. Cara has two children at KWS – 3rd grader and a 7th grader. She is an herbalist and foodie – and is passionate about nourishing children with local organic food. Cara spends most of her free time at Herb Conferences, hiking, camping, teaching herb classes, or connecting with nature and food. You can meet and talk to Cara anytime by stopping by the kitchen from 8am-4pm any school day.

Carolina Paul is back for her 2nd year as the chef for the Food For Thought program. Carolina makes delicious food and has such a warm heart and loving presence in the kitchen. You will likely hear Carolina laughing or see her bear hugging someone who came in to thank her for her delicious food. We are so grateful to have such a talented chef to prepare food for the children and our community.

We are looking for a dishwasher to join our team this year! If you would like to be in on the fun and are available to work 11am -2:30 p.m. every school day, please contact Cara at CBergman@kimberton.org. It's a fun way to see your child, earn some extra cash, and eat an organic lunch every day.

If you know all about the lunch program, and are ready to sign up...

Simply go to the sign-up sheet, complete both sides, and *return it to the Business Office by Friday August 30, 2019*. You are all set! Thank you for supporting the organic, hot lunch program.

If you are new to the school, or need a refresher on how the lunch program works...

Welcome! We look forward to getting to know you and your family. We believe every child learns better and behaves better when they are properly nourished. We believe it is important to expose children to a wide variety of vegetables and health promoting foods while they are growing so that they prefer this food throughout life. Now is the best time to influence their palate!

The food is the best part! Our goal is to make lunches as kid friendly and delicious as possible while using all organic ingredients. For example, tacos are made with 100% grass-fed beef from the cows across the street, and peppers and tomatoes harvested from our own school garden. All of the fixings are organic including the cheese produced by an Amish farm in Pa. **We offer gluten-free, vegetarian, and dairy-free options every day.** We serve as much food from the school garden as possible. The children tend the school garden, harvest the food, which is brought into the kitchen, prepared, and served back to them. The veggie scraps are composted back to the school garden. What a beautiful circle of nourishment! In addition to food grown in our school garden, we also **support local farms to source ingredients.** Currently we partner with 7 Stars Farm, Kimberton CSA, Camphill Dairy, Quarry Hill Farm, Meadow Hill Farm, and others. We are proud to be a **GMO-free** kitchen.

Join the lunch program and your child will eat a wholesome organic hot lunch every day of the school year. Joining the lunch program is the best way to ensure your child receives a hot organic

nutritious meal every day. Plus you never need to think about packing a lunch! You will also get the best pricing if you opt in for the year. Opting into the lunch program is our most popular option.

Not planning to join the lunch program? You are welcome to eat occasionally, here's how:

If your child would like to eat lunches occasionally, simply print out a copy of the menu (it will be emailed to you each month) and circle the days on the menu your child would like to eat. Make a copy and hang one on your fridge, and hand the other menu to Cara in the kitchen at the beginning of the month. You may include a check with the number of days your child plans to eat that month multiplied by \$9 per meal. Please indicate on the menu what grade your child is in and if they need a special diet (vegetarian, gluten-free, or dairy free). If it is a last minute idea to eat one day, simply text Cara before 10 am and indicate your child's name, grade, and if they have a special diet. Cara's cell phone is not listed on the public portion of the web, but is available from the office.

If you forget your child's lunch, we can help!

Simply text Cara before 10am of the morning you would like your child to eat. You do not need to send money. An invoice will be generated each month for the meals your child eats. *All walk-up meals are \$9 each.*

There is a daily, organic snack bar after school: Most items are \$1 or \$2. Children can choose after school snacks such as seaweed, meat sticks, fruit, freshly baked chocolate chip cookies, milk, homemade popsicles, and more.

Dinners to-go available everyday: Have a busy day? Don't have time to make dinner? Any item that is on our menu for lunch, is also available for Dinner to Go. We prepare your dinner fresh, save it in the walk-in refrigerator, and you pick up at the end of the day at the snack bar. Text to place your order.

Soups to-go every Wednesday : This is one of the most popular offerings from our kitchen! We make all of our soups from scratch using local and organic ingredients. You can take soup home to enjoy right away, or freeze in the jar you receive it in. Most of our soups are gluten free and dairy free naturally. We simmer our broth for 24 hours and make our own homemade veggie broth. You are welcome to skip one week and double up another week if you have a favorite soup you want to stock up on. The soups are made fresh on Wednesdays, but you are welcome to pick up any day of the week. Soup subscriptions are open to anyone – even your neighbor! If you would like to enjoy our soups occasionally, you are welcome to come in the kitchen any day and purchase as many quarts as you like. The non-subscription pricing for soup is \$10 per quart (vs \$8.50 per quart with a subscription).

Frequently Asked Questions

Q: Last year I worked in the kitchen in **exchange for my child's lunches**, is that still an option?

A: *Yes, we welcome parents helping in the kitchen in exchange for their child(ren)'s lunches. For every hour worked in the kitchen, you receive one free lunch for your child. That means, if you work a 5-hour shift once a week, your child will eat all year for free. Plus, you get lunch for yourself on the day you work. There are only a couple of spots open for this year, so if you are interested, please contact Cara cbergman@kimberton.org. We also welcome volunteers! Last year, quite a few parents volunteered in the kitchen.*

Q: My child has a **life-threatening food allergy**. Can we sign up for lunches?

A: *Unfortunately, we cannot accommodate cooking for children with life-threatening food allergies. We are not able to cook individual meals nor guarantee that there is no cross-contamination of ingredients. Your child's safety is our #1 concern.*

Q: My child eats a LOT, are the children allowed to have seconds?

A: YES! *Children are able to eat as much as they like* at lunch time. We always accommodate seconds, thirds, fourths, or as much as they want.

Q: My child is a **picky eater** and doesn't like 'X' on the menu, what can he eat those days instead?

A: *We understand that children have various tastes and it is possible there will be something on the menu they decide they don't want to eat. All students except kindergartners will have access to the salad bar which contains a variety of foods (hard boiled eggs, hummus, yogurt, fruit, salad, etc.) from which, and entire meal can be made. Kindergarten children will get side dishes with the main course, but you may need to pack food if they do not plan to eat the main course for the day. Even if you occasionally pack a lunch for your child, you are saving money by joining the program for the year.*

Q: What if I join, and we decide we don't like it. Is it possible to get our **money back**?

A: *You may drop out of the FFT opt in lunch program at any time for any reason. The opt-in special pricing is only available to those who remain in the program all year. Therefore, if you leave early, you will be charged \$9 per meal for every meal your child eats both before and after you drop out. Your child will be eligible to opt back in to the lunch program next school year, if desired, during the open enrollment period.*

We hope you are ready to join the lunch program. If you have any questions, please feel free to contact Cara cbergman@kimberton.org. Thank you for all who support this unique and special lunch program!