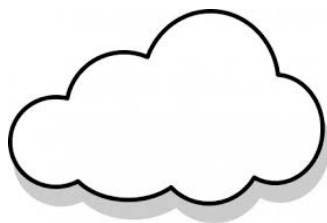


## INSIDE THIS ISSUE

Gale's Kitchen	Page 1
	Page 2
	Page 3
	Page 4



### Holiday Calendar Office Closing

- June 10th — Office is Closed
- July 4th—Office is Closed
- July 5th — Office is Closed



## July 2019 – June 2020 Food Pantry

		<u>Monday: 5:00 PM – 8:00 PM</u>	<u>Tuesday: 10:00 AM – 1:00 PM</u>
July	WK1	July 1 <sup>st</sup> 2019	July 2 <sup>nd</sup> 2019
July	WK2	July 8 <sup>th</sup> 2019	July 9 <sup>th</sup> 2019
August	WK1	August 5 <sup>th</sup> 2019	August 6 <sup>th</sup> 2019
August	WK2	August 12 <sup>th</sup> 2019	August 13 <sup>th</sup> 2019
September	WK1	September 9 <sup>th</sup> 2019	September 10 <sup>th</sup> 2019
September	WK2	September 16 <sup>th</sup> 2019	September 17 <sup>th</sup> 2019
October	WK1	October	October
October	WK2	October	October
November	WK1	November 4 <sup>th</sup> 2019	November 5 <sup>th</sup> 2019
November	WK2	November 11 <sup>th</sup> 2019	November 12 <sup>th</sup> 2019
December	WK1	December 2 <sup>nd</sup> 2019	December 3 <sup>rd</sup> 2019
December	WK2	December 9 <sup>th</sup> 2019	December 10 <sup>th</sup> 2019
January	WK1	January 6 <sup>th</sup> 2020	January 7 <sup>th</sup> 2020
January	WK2	January 13 <sup>th</sup> 2020	January 14 <sup>th</sup> 2020
February	WK1	February 3 <sup>rd</sup> 2020	February 4 <sup>th</sup> 2020
February	WK2	February 10 <sup>th</sup> 2020	February 11 <sup>th</sup> 2020
March	WK1	March 2 <sup>nd</sup> 2020	March 3 <sup>rd</sup> 2020
March	WK2	March 9 <sup>th</sup> 2020	March 10 <sup>th</sup> 2020
April	WK1	April	April
April	WK2	April	April
May	WK1	May 4 <sup>th</sup> 2020	May 5 <sup>th</sup> 2020
May	WK2	May 11 <sup>th</sup> 2020	May 12 <sup>th</sup> 2020
June	WK1	June 1 <sup>st</sup> 2019	June 2 <sup>nd</sup> 2019
June	WK2	June 8 <sup>th</sup> 2019	June 9 <sup>th</sup> 2019



# What's Cooking in Gale's Kitchen?

## Blueberry Date Muffins

(Makes 12 muffins)

Loaded with antioxidants, fiber and important nutrients, blueberries are a summer favorite. Here's a classic whole grain muffin, sweetened with fruit and a bit of brown sugar. Enjoy it for breakfast or a snack!

### Ingredients

- 1 ¼ cups whole wheat flour
- ½ cup old-fashioned rolled oats
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp coarse salt
- ¼ tsp cinnamon
- ¼ cup + 2 Tbsp oil
- ½ cup dark brown sugar
- 2 large eggs
- 1 tsp vanilla extract
- 2/3 cup milk
- 1 cup fresh or frozen blueberries
- 6 pitted dates, chopped



### Instructions

1. Preheat oven to 350 degrees. Grease 12 muffin tins with spray-oil or use paper muffin liners.
2. In a medium bowl, stir together flour, oats, baking powder and soda, salt, cinnamon until combined.
3. In a larger bowl, combine the oil and brown sugar and mix well. Whisk in eggs, one at a time, until beaten. Whisk in vanilla and milk until combined.
4. Add flour mixture to the wet ingredients and stir until just combined, then gently fold in the blueberries and dates.
5. Evenly spoon the batter into each muffin cup, filling almost to the top. Bake 20-24 minutes, until a toothpick inserted into the center comes out clean. Let cool 15 minutes before removing from muffin tin.

**eat right.** Academy of Nutrition and Dietetics



# Food Safety at the Grill



DOWNLOAD THE FREE IS MY FOOD SAFE? APP

Wash grill according to manufacturer's instructions.

**WASH**

Wash hands thoroughly with warm, soapy water before, during and after food preparation.

Wash all utensils and cutting boards after use.

\*Pack moist towelettes or hand sanitizer for those moments when soap and water are not readily available.\*

**Keep SEPARATE From**

**Cooked and ready-to-eat foods**

**Raw meat and poultry**

Have a clean platter and utensils ready at grill-side for serving.

Don't let perishables sit out for longer than **two hours**, or **one hour** if the outdoor temperature is above **90° F**.

Make sure perishable foods stay below **40°F**.

**REFRIGERATE**

Transport food in the passenger part of the car, **not in the trunk.**

**40°F**

**COOK**

Always use a food thermometer to cook to a safe temperature

- Hot Dog 165°F
- Chicken 165°F
- Hamburger 160°F
- Bratwurst 160-165°F
- Fin Fish 145°F
- Pork 145°F
- Steak 145°F

**Are you packed for the cookout?**

These non-food items are indispensable for a "safe barbecue."

- ICE
- Use separate coolers for different food items
- Moist Towelettes
- Trash Bags
- Hand Sanitizer
- Paper Towels
- SOAP
- Bring extra plates and utensils
- Food Thermometer

woman couldn't even pick up an apple by herself. They had to buy them and bring them to her house.

In the future, Beth Englezos wishes to buy a mobile truck to deliver the food faster, and more efficiently. Beth Englezos used to just serve "meals on wheels" and gradually, she became more and more in love with helping others. It soon became her life. Beth Englezos has been working for the JFCS program (specifically the food pantry) for 12 1/2 years now, and really enjoys giving to the community. The students were intrigued when they heard that ShopRite gives the JFCS association a discount for everything they buy! "It's more than the food they get. It's the special connection they have, and the social life they build with others," Beth Englezos says. "I am always so touched when I see the grateful look on their faces when they receive their food!"

Although they have the choice of choosing their own food in the choice pantry, the people also get the option of vegetarian, gluten-free, and Kosher foods. The kids learn that Kosher allows you to not worry about what and what not to buy. Meaning that it follows the Jewish rules for food, such as preparation, the way they slice the meat, and even certain foods are completely restricted in the Kosher section. Because it is a Jewish service, they also follow the rules of their religion such as a Kosher section in the food pantry.

The students were very grateful like the buyers of the JFCS program, for Beth Englezos to come in for the interview, and answer all of the superior questions! Now the students of Mrs. Coyne's class are so excited to grow some green beans with Mrs. Mucciarone/Ms. Shute, Mr. Hartley, and Ms. Obst/Mr. Stevenson's class for the "Good Seeds" contest, run by the Tasty Bites company, to not only help their program but to win \$1,000 for the garden!



-Caris Co

## PROJECT GREEN BEANS

By: John Bridgeford

Mrs. Beth Englezos visited Village Elementary all the way from The Jewish Family Children Services (JFCS) on Alexander Road. She came to students to teach them about the JFCS and her choice to work with us on the Tasty Bite Seed Competition.

The Tasty Bite Seed Competition is where different non-profit organizations compete for the grand prize. 1st place wins \$1,000, 2nd place gets \$500 and 3rd gets \$250 to use to improve their gardens. Also, Mrs. Holt is the Tasty Bites company representative for the competition.

Mrs. Englezos came during 1st period on April 2nd, 2019. Back in 1938 Jewish people founded the JFCS to help new immigrants in their time of need. Village Elementary is supplying fresh green beans. It is Village Elementary's 1st time helping the JFCS. The lead teacher Mrs. Kelley Coyne has to say "I'm very excited about this. I'm also worried because what if there's bad weather?" Her student Aditya Pochinapedi reminded her about the *power of yet* and I agree we should stay positive!

Other than schools that are willing to grow vegetables the JFCS gets their foods from Churches, Synagogues, and Shoprite. Village Elementary is helping the Food or Choice Pantry. Sometimes the JFCS even takes the food on the road called "Healthy At Home" where they help all of the people who are too old to go to the JFCS. In a year JFCS helps about 80-100 people a year which is a LOT of people. Mrs. Englezos said, "The Jewish Family Children Services is one of the few companies that want to go out of business." I agree with Mrs. Englezos how about you?

## Garden Donations

A Fresh New Victory for All

Our school is helping people who can't afford food

By Sarah Fernandes

On April 2 my class (Mrs. Coyne's fifth-grade class) had the pleasure of meeting Mrs. Beth Englezos the leader of the Hunger Prevention Division of the JFCS the Jewish Family and Children Service. Don't be fooled by the name "we help everyone in the community", Mrs. Englezos told us. They help seniors too and you don't need to be Jewish. It was founded in 1938 about 81 years ago by Jewish families to help immigrants.

We as a school will be helping in the very same department that Mrs. Englezos works in- the food pantry! She told us that if she had more money or got a large donation she would spend the money on a truck. As we all know we have a Village School Garden and we grow flowers, fruits, and vegetables in the garden so this year we are growing green beans for a cause. They will be donated to the JFCS food pantry. This is the first year we are donating and the first year of this partnership.

And we are entering a contest called The Tasty Bite Good Seed contest to try and donate the most green beans they will be weighed and you are required to

beans weigh the most. But that is not the only requirement, you really have to be enthusiastic about the cause you can't just be in it to win it. The grand prize is \$1,000 the second place is \$500 and third is \$250. If Village school wins the prize money Mrs. Coyne says it will most likely be put toward improving the garden the donations must be made by August 30 and you are encouraged to donate other foods that you grew but they will not be counted with your green beans. Only non-profit organizations can enter but you can volunteer to help in the Village garden or you can volunteer at the JFCS. The Tasty Bites Company representative for the 'Good Seed' Contest is Mrs. Holt.

We are really hoping for a good harvest because we have learned that JFCS food pantry doesn't have the room for a garden so almost all their food comes from donations and Shop Rite gives them a discount to get food there because they are a charity, they are depending on us for this they will also be taking green bean recipes too. Not only do they provide food, but they also provide good healthy recipes with the food. They are a "choice food pantry" meaning they have many things and it is given out like a grocery store they have a choice of what they want to get. If they just give the customers a bag of food they might not like the stuff in it or they might be allergic to it then that food will go to waste so they let the customers choose what they want.

Another great thing during the summer you and your parents can volunteer to help out in the garden and you get to pick them too. So be sure to tell your parents about the garden. All teachers are supposed to email all parents a sign-up genius so they can sign up to help over the summer. Mrs. Coyne is the lead teacher working on the garden but she is working with Mr. Hartley and Mrs. Mucciarone with Ms. Shute and Ms. Obst with Mr. Stevenson, so if you have any questions be sure to ask, she'll be in room B209.

And as Mrs. Englezos said they are "One of the few businesses that want to be out of business".