



## A Grandmother's Love, Around the “Breakfast Club” Table

*Laura Kosta*

Peggy Winckowski, known as ‘Grandma Peggy,’ provides a place for friends of her grandson who died this summer to share stories, food and friendship

Friends of Sam Crowe, a Bishop DuBourg student who died in a July accident, gathered for a weekly breakfast at the home of Sam’s grandmother, Peggy Winckowski, on Nov. 16. Courtesy Diner has nothing on Peggy Winckowski’s waffles.

At least, that’s what Winckowski’s grandson Sam Crowe and his friends told her. Last year, Sam and a handful of friends from Bishop DuBourg High School would frequently grab breakfast at the diner or QuikTrip before DuBourg’s late starts on Wednesday mornings.

“They told me, ‘Grandma, Courtesy’s got nothing on you.’ So I said, next week, why don’t you come to my house, and we’ll have breakfast here?” Winckowski – or Grandma Peggy, as she’s known – said. “Then, when they were all leaving, they were like, ‘Grandma, what are we having for breakfast next week?’”

The “breakfast club” continues this year, but with a deeply felt absence: Sam was

killed in an accident in July when the moped he was riding was struck by another vehicle.

In the days and weeks after Sam’s funeral, Winckowski’s home remained a welcoming place for Sam’s friends to gather. When the school year started back up, “They asked me, ‘Grandma Peggy, are we still going to have breakfast club?’ And I told them, ‘I will feed you if you come,’” she said. *cont.*



*Peggy Winckowski, grandmother of Bishop DuBourg student Sam Crowe who died in a July accident, hugged Notre Dame sophomore Giaou Nguyen near the end of the weekly gathering of the “breakfast club” Nov. 16 at Winckowski’s home in St. Louis. Winckowski hosts a gathering on Wednesday mornings, where food and memories of Sam are shared.  
Photo Credit Jacob Wiegand.*

## A Community Comes Together

Father Ronald Hopmeir, pastor of St. Stephen Protomartyr Parish, blessed a statue Nov. 16 in a Marian garden made in memory of Sam Crowe, a Bishop DuBourg student who died in an accident in July. The garden is outside the home of Peggy Winckowski, Sam's grandmother, who still hosts a breakfast club for Sam's friends on Wednesdays. By 5 a.m. every Wednesday, Winckowski is in her kitchen, getting out her waffle iron, cooking pans and enough breakfast food to feed a small army – or, rather, 15-25 hungry teenagers.

On Nov. 16, it was eight pounds of bacon. Twenty-four eggs. Cinnamon roll waffles, cooked in the waffle iron and piled high onto a large baking sheet to stay warm in the oven. Bananas, apples and grapes; jugs of chocolate milk and Sunny D. "It is worth every minute. It fills my heart," Winckowski said.

A little after 7 a.m., the teenagers start to trickle in. The breakfast club's ranks have expanded this year to include even more Bishop DuBourg students and some of Sam's friends from Notre Dame High School.

That morning was Owen Reynolds' 17th birthday.



Photo Credit Jacob Wiegand

Owen, a Bishop DuBourg junior and Sam's cousin, was one of the original members of the breakfast club. Continuing the tradition this year has been important to him, he said.

"It's nice having everyone around. We tell stories (about Sam), and it makes it easier to deal with," he said.

Bishop DuBourg student Maddie Ruggeri is attending the breakfast club this year. "It makes me feel close to him, since he's not here anymore," she said. "This is something he enjoyed doing, so it's nice that we can do it now for him."

Sam's friends remember him as an outgoing teen who would befriend anyone. Even now, his memory is connecting people and creating new friendships among the Bishop DuBourg and Notre Dame teens, said Annie Hall, a Notre Dame student. *cont*



Notre Dame students Kylie Crowe, Giau Nguyen, Olivia Goldbeck and Annie Horn shared a moment with Peggy Winckowski. The students were friends of Sam Crowe, Winckowski's grandson, who died in an accident in July. A group of Sam's friends still get together at Winckowski's house on Wednesdays to continue a "breakfast club" that started last year. Photo Credit Jacob Wiegand

An image of the late Bishop DuBourg student Sam Crowe sits in the Marian garden made in his memory at the home of Sam's grandmother, Peggy Winckowski. "Breakfast club brought us all together, so we can get through it together," Annie said. "Being around everyone helps us all."



*Photo Credit Jacob Wiegand*

Being together every week "helps me because I feel like it helps Grandma Peggy," said Olivia Gagen, another DuBourg student. Gagen's grandmother passed away about a year ago, so "it feels like Grandma Peggy is another grandma for me, and I'm another grandchild for her."

Sam's mother, Kim Dengler, and her twin sister, Kerri Reynolds – Owen's mother – each live just a few houses away from Winckowski.

"I love it, all of them together, talking about Sam," Reynolds said. "In his short time, the impact he's made on our lives and their lives – it's sad, but it's heartwarming, too. They all tell jokes, and they keep their bonds together."

For Reynolds, seeing Winckowski bring the teens together is no surprise. "Grandma Peggy is helping all of them stay close and helping them make memories

they'll keep forever," she said. "She did that for me and my sister and our friends when we were young – she's just doing the same thing she's always done."

Word about the breakfast club has gotten around the community. Winckowski and her daughters are Bishop DuBourg alums themselves, classes of 1975 and 1996, respectively, and the outpouring of love from fellow Cavaliers has been incredible, she said.

"People are so generous. I have former classmates and other people asking me, 'Can I Venmo you some money, from one Cavalier to another?'" she said. On a recent trip to Schnucks, someone recognized Winckowski's bracelet with Sam's initials and immediately bought her a \$50 gift card for supplies – she'd heard about Grandma Peggy's breakfasts.

"How important is that, to have that community?" Winckowski said.

Peggy Winckowski hugged Bishop DuBourg sophomore Aidan Thode near the end of the weekly gathering of the "breakfast club." Nov. 16. Before her grandson Sam Crowe died in July, Winckowski hosted several of his friends for breakfast on Wednesdays, a tradition she continues after he died. *cont.*



*Photo Credit Jacob Wiegand*

## ‘We Have To Have Our Faith’

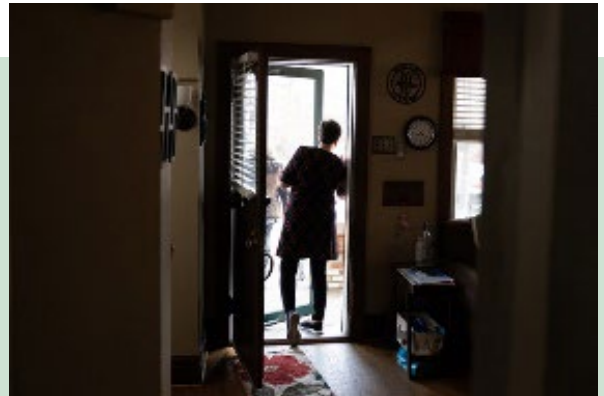
Peggy Winckowski took a picture with friends of her grandson who met for a weekly gathering of the “breakfast club.” Along with breakfast and conversation, faith holds the group together. Since All Souls Day fell on a Wednesday this year, the breakfast club went to Mass that morning at St. Stephen Protomartyr Church, where Winckowski and her daughters and grandchildren are parishioners, to pray for and remember Sam. In Winckowski’s front yard is “Sam’s Garden,” a plot created after Sam’s passing with a statue of Mary, a small banner with Sam’s picture and several flowering plants gifted by neighbors. Before or after breakfast, Winckowski and the students gather around the garden to say a prayer together.

“We have to have our faith,” Winckowski said. “We think about how lucky we are to still be here. Sam got to the golden gates before us – and I know that’s what we’re all supposed to do. The ultimate goal is to get to heaven.”

Before the students head off to school, they huddle up each week in front of the house to take a group

photo. That’s been a tradition from the start; one of the first group photos, with Sam in the middle, sits on a window ledge above the dining room table.

A few Notre Dame girls lingered a little while longer after many of the students departed. They stood around the kitchen island, catching Winckowski up on everything going on in their lives. One girl’s date recently canceled on her for the upcoming winter dance, and she wasn’t sure who to ask now. “Sam would’ve gone with you,” Winckowski said, and they all smiled.



*Photo Credit Jacob Wiegand*



*Photo Credit Jacob Wiegand*

The girls hugged Winckowski, one by one, as they made their way out the door and down the front steps. “Bye. Love you, Grandma Peggy,” they said as they dispersed.

“You all be careful, and drive slow,” she called after.

Peggy Winckowski said goodbye to friends of her grandson, Sam Crowe, who died in a July accident. Winckowski hosts a “breakfast club” gathering of Sam’s friends each Wednesday where food and memories of Sam are shared. ■



# We Serve *Great People!*

## Danny Duggan '10 And Nic Herrmann '10 Transform Lives In Rural Nicaragua

As friends at De Smet Jesuit, Danny Duggan '10 and Nic Herrmann '10 often stayed up late talking about world issues and their dream of building a school one day in Central America. “At the time, we joked that most people would think our plan was crazy,” Nic says.



All these years later, they have indeed built a school, and their dream – and so much more – has come true working for Amigos for Christ in Nicaragua. And they credit De Smet Jesuit for giving them the confidence to pursue their dreams.

“There was an immense amount of freedom being able to walk out the doors of De Smet and know that

a bold decision to move to a different country, to open a school, to work in water systems, to embrace a new language, was not only possible, but even expected,” Nic explains. “De Smet taught us that if you see something in your life that breaks your heart, it’s probably a calling to go and do something about it.”

Now, they’re in the business of transforming lives – one classroom, one water well, one small business, and one person at a time. Amigos for Christ (Amigos) is a nonprofit organization that facilitates leadership, clean water, health, education, and economic development in rural Nicaraguan communities.

### A People Organization

Because Amigos works toward five major goals, people often describe it as a community development organization, a water organization, a sanitation organization, a health organization, an education organization, or an economic development organization. “We say that really we’re none of those things, that we’re a people organization,” Danny says. “We prioritize people along with the progress of the projects and programs that we’re working on. Our goal is to build personal relationships with every individual and every family that we work with to be able to facilitate life transformation.”

Their work is an even bigger dream than Nic and Danny had imagined as high school students at De Smet Jesuit. *cont*



## How They Serve

Danny is the Chief Operations Officer for Amigos. “We empower people to transform their lives,” he explains. The Amigos for Christ team (215 full-time employees) manages five major goals dedicated to improving the quality of life in rural Nicaragua. These goals are Leadership (training community leaders); Water & Sanitation (building clean water systems); Health (measures to reduce preventable disease); Education (schools, leadership development, access to scholarships and internships); and Economic Development (investment in small businesses).

Nic is Amigos’ Director of Youth Development. His responsibilities include serving as director of the Amigos Academy, a Christian preschool and primary school with 200 students in Chinandega, Nicaragua – a school he and Danny helped dream up and build. In his role, Nic has “the incredible benefit of working in a school where hopes and dreams and possibilities are abundant. You don’t have to dig too far to see the life-changing effect on a student.” His priority is to give the children of Chinandega the best education possible from age 3 to age 12 to reverse the trend of educationally impoverished communities. “That means good pedagogy and good teaching instruction, but also has a lot to do with caring for the whole student and their physical, spiritual, and mental health needs in addition to their academic needs,” he says.

Nic also directs the Leaders in Action scholarship program and the Baseball Academy (focused on leadership development through sports). He is working to create empathetic and inspired young people through these programs which serve almost 600 kids.

One of Nic’s favorite students is Juan Antonio, who graduated from sixth grade in November 2022. “In the time that he has spent studying, Juan Antonio has gone from wondering if he’ll just chop wood

for his whole life and make enough money to put barely enough food on the table, to wanting to be an English teacher, or an astronaut, or a lawyer.

In addition to Amigos Academy, every building occupied by Amigos for Christ, including their office buildings, was built by Amigos team members and volunteers on mission trips.

“For close to seven years, when we would have mission trips join us in Chinandega, they were building the school,” Danny said. “It’s really, really cool now for people who were carrying cinder blocks across a peanut field five or 10 years ago to see that those cinder blocks are now part of a beautifully painted wall in a kindergarten classroom.”

## The Path To Nicaragua

Danny participated in a mission trip to Nicaragua with Amigos in 2010 right after graduating from De Smet Jesuit. He went on to earn his bachelor’s degree in Spanish and psychology at Rockhurst University and worked as an intern for Amigos every summer in college. He moved to Nicaragua to work for Amigos in 2014 after his graduation from Rockhurst. Joining the team in June 2014, he started working on the Leaders in Action Program with the scholarship students, then became the Chief People Officer before becoming the Chief Operations Officer in January 2022.

Nic graduated from Loyola University of Chicago with a bachelor’s degree in communication studies and completed a year as a volunteer teacher with the Alum Service Corps after graduation. Next, he enrolled at ACE, Alliance for Catholic Education, through the University of Notre Dame, earning his degree in K-12 education. Nic worked with primarily Hispanic families during his ACE assignment in Los Angeles and then for Nativity Jesuit Middle Academy in Milwaukee. He visited Danny in Nicaragua in 2018 to study Spanish and joined the Amigos team to *cont*



help build the school they imagined in high school. Amigos Academy opened in 2020, three weeks before the COVID pandemic shut everything down. “A silver lining of the pandemic was the extra time we had to time to plan more and build more. We were architects of the school from ground up, including hiring teachers and writing curriculum,” Danny says.

### It’s Working

Amigos for Christ started as a relief organization in the aftermath of Hurricane Mitch. Ten years after its founding, Amigos transitioned from being a relief organization to becoming a community development organization. “At the beginning, Amigos was focused on recovering from the hurricane, but now our vision is to build something that’s going to last for generations and is going to be sustainable,” Danny explains. He tells the story of meeting eight-year-old Janiel on his first mission trip in 2010.

“He was one of the kids that had never had clean, running water before. He worked alongside his parents and his whole community to make their dream of having clean water come true. Now, as a 21-year-old, he represents hope for all the families that Amigos serves alongside in the communities. Janiel’s story gives me confidence that Amigos’ model works,” Danny says.

### A Grateful People

Though it is difficult being far from family, limited to two trips home per year, Danny and Nic feel like they are living an incredible dream. “We get to pull loved ones into things that we find deep value in, whether it be education, health and sanitation, or water systems. We continue. We are always inviting. There’s so much joy in being able to invite people into something that we know is beautiful,” says Nic.

“Nicaraguans are really grateful people,” Danny continues. “Hardship and pain cut very, very deep

in Nicaragua. Systems are not set up to help people and the generations of poverty have existed since forever. But there’s still a pervasive sense of gratitude and joy. The valleys are low, but the peaks are just as high.” Danny and Nic enjoyed coming “home” to De Smet in October 2022 to visit former teachers and share their experiences with students. The trip made them nostalgic, reflective, and grateful for their years as Spartans.

### Together, We’re More

Juntos somos más, or together, we’re more, is more than the slogan of Amigos for Christ, it is their way of proceeding. And it, too, harkens back to the Jesuit tradition. “It’s just like the concept of magis, which we learned at De Smet,” Danny says. “Magis calls us to be more, and juntos calls us to dig deep within ourselves, discover our unique gifts and talents, and share them to the best of our ability with the world.”

“We know the power of education and we know the power of Jesuit education in particular to teach students to dream big and then go chase those dreams,” Nic says. “It’s really cool to be able to take what we learned at De Smet and inject it somewhere that didn’t have it before.” ■





# We Serve Great People!



## The 2023 GOLD Award Recipient is Anna Hotop!

Ms. Hotop is a 2013 Graduate of Fontbonne with a Bachelor of Arts in Religious Studies and a minor in Psychology. During her time at Fontbonne, she was a scholar-athlete and played on the women's soccer team. She continues to return to Fontbonne for athletic events and supports the team through participation in alumni soccer games. Anna shares the charisma of the Sisters of St. Joseph's of Carondelet through her work as the Principal of Student Affairs at St. Joseph's Academy. Congratulations to Anna for her burgeoning career, and her commitment to spreading the Charism of the Sisters of St. Joseph of Carondelet.

**GOLD AWARD: Griffin Of The Last Decade Award** recognizes exceptional achievement or groundbreaking contributions by young alumni of Fontbonne University. Selections are made based on a demonstrated commitment to Fontbonne University's principles and mission through their accomplishments and personal endeavors. Eligible nominees must have graduated within the past decade, showcasing emerging and distinct innovation, creativity, and success in their chosen fields.



Congratulations to Lutheran South senior Ryan Merz, who was named a Commended National Merit Scholar. Ryan, who scored in the top 2% of seniors who took the PSAT last year, hopes to study Computer Science in college.



After completing Entrepreneurship class, Lutheran South senior Koltin Newcomb put what he learned into practice. He launched an auto detailing business, *Supreme Shine STL* out of his family's garage in House Springs. He now has five employees providing affordable auto detailing, ceramic coating, paint correction, and tinting. He spoke with this year's class about his journey, offering students advice on building a business from scratch.



## Let's hear it for our Scholar Bowl team!!

These DeSmet Spartans won their first competitive match of the season.

*Well done, gentlemen!*





## We Serve *Great People!*



Villa-Duchesne senior Caty Jane Hayes has been selected to receive the Archdiocesan Dr. Martin Luther King Jr. Model of Justice Award. This is the highest honor given to one of our students by the Archdiocese because it requires not only service but advocacy on behalf of the marginalized. Upper School Campus Minister Mrs. MacArthur had this to say about Caty Jane, “Throughout her high school career, Caty Jane has expressed interest in issues of

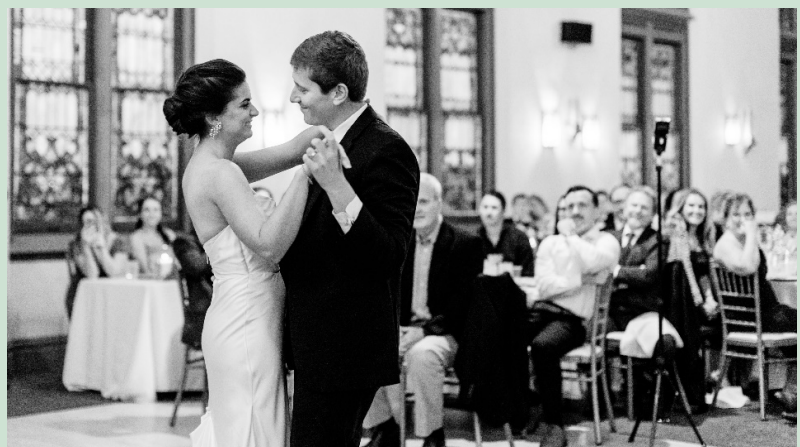
justice, sought to learn more about the greater context of life in the US especially for the poor and marginalized, and pursued opportunities to immerse herself in service learning which has formed and shaped her conscience and her heart. She has exemplified what it means to know, understand, and love humankind.”

*Congratulations, Caty Jane!*

## FSC Family *Features*



Mich and Abby Cooper were married on 10-28-23 in a beautiful ceremony. Our Purchasing Director and father of the bride, Al Sanders officiated the wedding.



## SPORTS



### Mizzou's Cody Schrader, Who Started As Walk-On, Wins Burlsworth Trophy

Lutheran South graduate and Missouri running back Cody Schrader has won the Burlsworth Trophy, given to the nation's best player who started his Division I career as a walk-on.

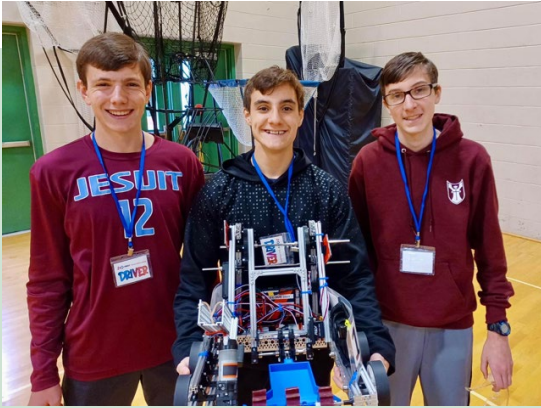
Schrader, who walked on two years ago after transferring from Division II Truman State, leads Division I with 124.9 yards rushing per game. He has rushed for 1,625 yards and 13 touchdowns and led the Tigers to a 10-2 record. He was a unanimous Associated Press first-team All-Southeastern Conference selection this year.

Schrader ran for more than 700 yards at Missouri last season before emerging as one of the nation's best running backs this season. In a 36-7 win over Tennessee, he became the first SEC player and 10th player in FBS history with 200-plus rushing yards and 100-plus receiving yards in the same game. He finished with 205 yards rushing and 321 total yards.

The St. Louis Post-Dispatch has named Lutheran South students Lindy French and Taylor Lorenz to the All-Metro softball team! The seniors were recognized among all districts and all classes and were celebrated for their outstanding batting averages.



## SPORTS



*FIRST Tech Challenge*

DeSmet's DURT FTC team went 5-1 in the MOKS-MO STL-MID Tournament hosted by Lafayette High School. They're tied for second place in the Missouri St. Louis MID League.

This year, robots compete in a game called Centerstage, earning points by placing hexagonal shapes in different locations on the playing field. Robots can even launch drones for extra points.

*Congratulations, Spartans!!*



Lutheran South basketball players teamed up with Concordia Lutheran Church-Kirkwood packaging 1,000 meals to be distributed for Thanksgiving. The Turkey Blessing boxes were given to residents throughout the community who came to the drive-through event at Meramec Community College. By encouraging our students to share Christ's love, we hope to inspire them to serve faithfully beyond their high school years.

## Food Talk



By: Lisa Baragiola

# 5 Ways to Promote a Positive Body Image for Kids

Body image is how we feel about our bodies. Whatever their size or weight, children can develop either a positive or negative view of their bodies. Body image concerns can begin as early as preschool. Therefore, parents and other adult role models need to promote a positive body image for children of all ages.

Why? Young people with a positive image of themselves feel more comfortable and confident in their ability to succeed. They don't obsess about calories, food or weight. And, they have the energy they need to enjoy physical activity.

In contrast, kids with a negative body image feel more self-conscious, anxious and isolated. They are at greater risk for excessive weight gain and for eating disorders. Give your child the gift of positive body image and help prevent these problems – take the following five steps.

### Step One: Check Your Own Body Image Issues

How parents feel about their bodies has a powerful influence on kids. Take time to think about ways you might be telling your children about your body image. If you talk about your

huge thighs, your latest weight loss diet or your punishing workouts, your kids will pick up on these negative messages. They will begin to worry about the size of their thighs and think they should be dieting.

### Step Two: Focus on Health, Not Weight

For your kid's sake (and your own sanity), shift your focus from weight to health. Stop obsessing about numbers on the scale. Instead, concentrate on delicious foods and fun physical activities. Most kids don't need to work out – they need to play with family and friends. Children shouldn't be counting calories or restricting their intake. They should be enjoying regular meals and learning how to make smart, tasty snack choices.

Nutrition and fitness are great goals because they give us energy to do all the things that we want to do. Whatever our age or size, we feel better when we take care of our bodies. Teach your kids about how to get the energy they need to take care of themselves and live an active life.

### Step Three: Find Physical Activities That Fit

Feeling fit, strong, and capable is one aspect of a positive body image. All children need regular

physical activity they enjoy. Some kids are natural athletes – they love all sports. Other kids do better at individual activities, such as walking or riding a bike. Some may find their niche in yoga, karate, or a hip-hop dance class. It doesn't matter what kids do for physical fitness. It just matters that they do something.

## Step Four: Watch Out for Bullies

Weight-related teasing is a major basis for bullying. Encourage your child's school to address the issue. Ask them to support nutrition and physical education that promotes health for kids of every size. If your child is bullied about weight or for any other reason, act now. Discuss your concerns with the school counselor or administrator.

## Step Five: Myth-Busting the “Perfect Body”

Help your child become a savvy media critic by talking about bodies on television, in magazines and on the internet. Chat with them about the pictures of models they see in print and online ads. Explain that many of these images are retouched or changed so the bodies appear “perfect.”

To help them feel good about their bodies, “high five” your kids by taking these important steps!

Reviewed: April 23, 2021  
[www.eatright.org](http://www.eatright.org)



Check out a sample of Lisa's Nutrition & Wellness Blog on the back page of this newsletter, and more on our website:

[www.foodserviceconsultants.org](http://www.foodserviceconsultants.org)



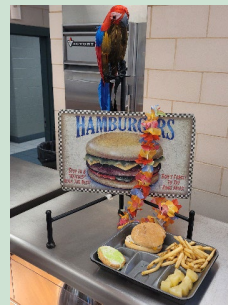
## CAFE Fun!



Michela in Grade 3B was one of the winners of the Halloween M&M guessing game at St. Clement.

*Michela, grade 3b*

On September 28 the cafeteria crew at Holy Infant featured a “Cheeseburger in Paradise” plate lunch. It included a Cheeseburger, French Fries, Pineapple and Key Lime Sugar Cookie. They dressed up in their beachy clothes and listened to their children’s Jimmy Buffett CD.



The students at All Saints St. Peters brought tears to the eyes of our retiring Manager Kim Parker. She has been with FSC since 2010. We wish her well in her future endeavors.



## The December Winners for Sticker Under the Tray Day!



The students at Sacred Heart School in Troy, MO are always asking if it’s sticker day.

From Left to Right: Levi Thomas- 6th grade, Brody Downs- 7th grade, Lydia Jaspering- 8th grade, Olivia Jackson- 3rd grade, Charlotte Garcia- 4th grade, Nathan Hunn- 5th grade, Lillian Butler- K, Emily Springwater- 1st grade, Case Haluch- 2nd grade.

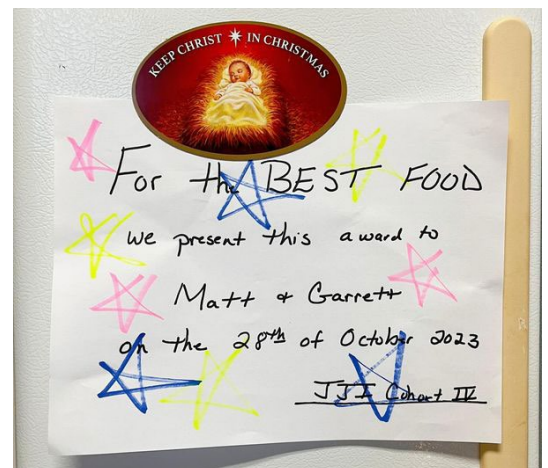
## CAFE Kudos!

The students at St. Dominic High School and their Café Manager Shelley Howerton have a special bond, at school and when she sees them outside of school, they always run and give her a huge hug. Here are a sample of the many great thank you notes she received from the students.

Dear Mrs. Howerton,  
Thank you so much for all you do for St. Dominic. You are so kind whenever we walk through the lunch line. Your food is yummay in my tummay!!  
We love you  
Zai C., Robert Bell, Charlie R.

Dear Shelly,  
Thank you for everything you do for our school. Its always nice to have happy and genuine people that are so involved in the student body. I appreciate you and all you do during lunch too, even when I continue to lose my student id's.  
Sincerely,  
Van

Thank you for everything you do for St. Dominic. By you working behind the scenes, students and faculty are able to have amazing lunches! We all appreciate the work you put in even though we don't always give you the credit you deserve.



The guests recognized the staff at LaSalle Retreat Center with an awesome award!

## CATERING *Creations!*







# CATERING Creations!





# CATERING Creations!





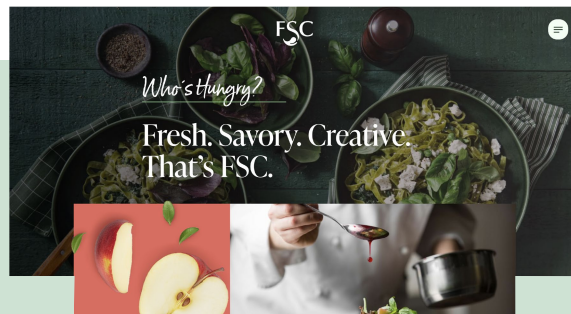
# Odds & Ends

## \$100 Recruitment Bonus

We are always looking for good employees, and the best source for that is with our present staff.

As an incentive to help recruit new people, we will pay a \$100 bonus to any eligible employee who brings in an applicant who is subsequently hired and completes 90 working days of employment. We will also reward the newly hired employee with a \$100 bonus after completion of 90 working days of employment.

Applicants may apply by email to [susan@foodserv.org](mailto:susan@foodserv.org).



## Digital Edition

To expand our Going Green program we are offering a digital version of the FSC Insider. If you would prefer this version over the printed version, please email [susan@foodserv.org](mailto:susan@foodserv.org). Once the digital version is available, you will be sent a link to view the document. *Thank you.*

**Visit our updated website!**

[www.foodserviceconsultants.org](http://www.foodserviceconsultants.org)

## Start Spreading the News!

If you would like us to include stories about your school or business, please let us know. The information can be sent to Susan Parisi ([susan@foodserv.org](mailto:susan@foodserv.org)) or mailed to Food Service Consultants, 8534 Watson Road, St. Louis, Missouri 63119. If sending photos, it is best to send in digital format.

Newsletters are published as follows:

Newsletter Date	Deadline for Info
October	September 11th
January	December 15th
April	March 22nd

Some of the information in this newsletter was taken from articles originally published in other media.

**We are pleased to say this edition of the insider is printed on post consumable paper.**

## Features on Food Nutrition & Wellness Blog

### Farm to Table

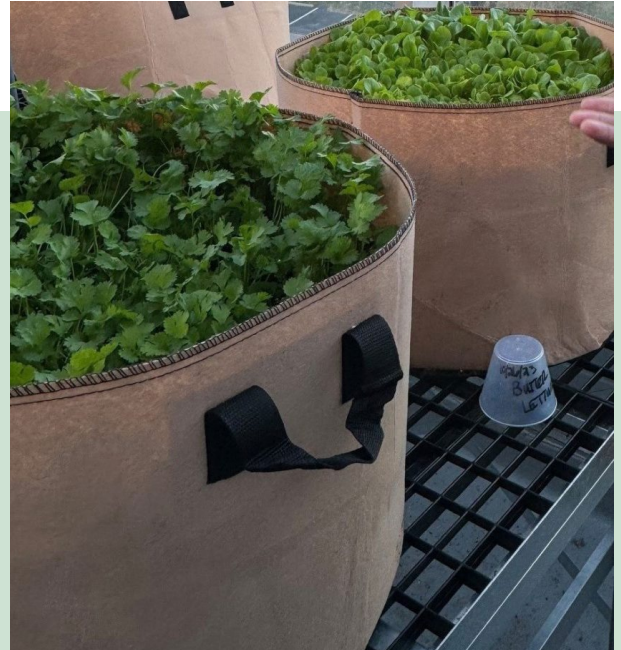
Are you familiar with the farm-to-table concept? It's a movement which promotes local food at restaurants and school cafeterias, usually purchasing directly from the producer. Recently, St. Joseph Academy science teacher Katie Lodes approached FSC chef Keith Campbell about their greenhouse growing system. Katie realized Keith could possibly benefit from the results of their gardening project and he enthusiastically agreed.

#### How did this greenhouse project begin?

2023 was the beginning of active growing in the Gloriod greenhouse. Students start the plants from seeds except for the key lime tree. The science department uses it for learning experiences through instruction of scientific processes and key concepts such as reproduction, energy and evolution. Katie says, "it's an easy fit for other curriculums and different classes are looking at ways to utilize it in the future."

#### Earth Angels

St. Joseph's environmental club, the Earth Angels assists with supporting and maintaining the greenhouse. I was able to visit with three students, Bailey Bryan, Madeline Brand and Kate Bittle who are all passionate about the project.



They're involved in taking care of the watering schedule for the plants. In addition, they create signs for the cafeteria identifying foods that contain ingredients grown in school. Some of the plant varieties include scallions, basil, cilantro, Bok choy, lettuce and more.

This experience is resulting in a wonderful collaboration with food services receiving fresh produce and positive learning outcomes for students. Katie states, "it's giving them a feeling of ownership and responsibility as well as the satisfaction of eating what they grow." She says it's early in the process and hopes to expand as they continue to learn the intricacies of indoor gardening. We appreciate our new farm-to-table partnership and look forward to future harvests!!

Read more of Lisa's blog online at  
[www.foodserviceconsultants.org](http://www.foodserviceconsultants.org)