



Bethlehem Area School District

Feb. 2024

2023-2024 Food Services News

Head over heels, for school meals!



Challenge of the Month

Origami Heart Bookmark

You will need:

- ♥ Origami Paper
- ♥ Scissors
- ♥ Craft Sticks
- ♥ Glue
- ♥ Permanent Markers



1. Have an adult help you cut a 3" x 3" square. Follow these [step-by-step instructions](#) to fold your heart.
2. Color or draw a design on your popsicle stick.
3. Once the heart and popsicle stick are dry, glue the heart to the end of the stick and use for your next book!

Breakfast is FREE, Again!

They say breakfast is the most important meal of the day, but why?

Kids who have breakfast have better brain function, memory and attention. Eating breakfast improves kids' performance on vocabulary tests, math problems and challenging mental tasks. It also helps them deal with frustration better.

Don't have time at home? No worries! Have your kiddos grab a **FREE**, healthy breakfast at school!



We are HIRING!



Wellness Corner

One of our executive chefs breaks down, [Making Healthy Food Fun: What's a Parent to Do?](#) in this [feedyourpotential365](#) podcast.

Many parents know the struggle!

Your kids won't eat the healthy foods you put on their plate. We plead, bribe or even demand that our children make healthier choices. But sometimes it seems like nothing works!

Chef Morgan Bell is here to tell us that by making healthy food fun, parents can change the whole dynamic so that your kids enjoy eating healthy foods.

This podcast breaks down some of the **FUNDamentals** we can do to get our kids to eat healthy:

- *Make meal planning a game
- *Make shopping an adventure
- *Make snack time, play time
- *Get creative in the kitchen



Have fun and good luck!

Did You Know?!

