

Week of Nutritional Services NOV 5th - Weekly Newsletter NOV 11th

Issue 7

Air Fryers - Did you know?

Many of the meals we prepare that need to be cooked in something other than a microwave, can actually be cooked in an "air fryer." These units are basically countertop convection ovens that use heat and air to cook food, very similar to the convection ovens we use in schools. The name is misleading because these units do not actually fry food with oil to get the crisp texture, instead they use hot air circulated quickly and evenly around all the surfaces of the food.

The really nice thing is if you have kids at home cooking food in an oven by themselves, these units are much safer to use for kids. It is much harder to touch the heat source and they turn off after the timer has reached its limit.

Winter Break meals distribution

After all said and done it looks like we had about 370 people fill out the survey. Over 70% said they would like to have meals during the winter break. What that means at this point is we feel that there is enough need for us to operate during the winter break. We will go over the data this week and figure out where we will offer the meals on the two days. We are going to offer meals, but we will only offer about half the sites based on the surveys that were filled out. We can not offer at all 8 sites based on the data we have received. We will let everyone know next week where those places and times will be.

<https://www.facebook.com/helenaschoolfoodservice>

For all current menus.

<https://helenaps.sodexomyway.com/landing>

We received this email from a parent this week, and we hope that everyone feels the same way.

"Hello! I'm a mom of 7 kids (6 in Helena schools) and I just want to send a heartfelt THANK YOU to all you guys for all you have done to help families through this time with the free meal plans. We are a hard-working middle-class family. We can afford our groceries but having all the kids at home has been an unexpected expense because they eat all day long! This program has helped greatly to take the edge off the expenses. I was hesitant to utilize services because I'd didn't want to take away from the families that desperately need it. I was assured that it's for all families, not just for the underprivileged. My heart is so incredibly full of gratitude for you all that have made this possible for all these families. I know a lot of hard work has gone into making this available. Thank you. From the bottom of my heart."

We Served 81,509 total meals in October!

The food service staff here in Helena have been working tirelessly everyday to keep costs low and provide the best possible meals, in these conditions, to classrooms and to those families at home. This takes a lot of work and dedication to create these meals. Usually we get to see the happy smiling faces of the children we serve as we hand them their meals, validating that every day we make a difference to thousands of children.

Unfortunately in these times, staff are *not* working directly with children and it is easy to loose the same sense of purpose in these quite empty kitchens and cafeterias. So if you see one of our 50 kitchen staff members who are making all those meals, do not be afraid to tell them thanks!

Pre-Order Distance learning Meals

For pick up every Wednesday

[DLMD week of 11/11-11/17](#)
[DLMD Standing order link](#)

[DLMD Cancellation Link](#)