

# NASSAU COUNTY FOOD & NUTRITION SERVICES FALL NEWSLETTER



**6th Edition**  
August 2019

## FEEDING BODIES HEARTS & MINDS ONE CHILD AT A TIME

*#nassaufuelsforschool*



It's time for another great year! Your child's wellness through proper nutrition is our priority, and we want to keep you informed about our program. We offer high quality, nutritious, brand name foods at a reasonable cost. Read on for updates from our office as well as exciting promotions and events.

### *In this issue:*

#### **SCHOOL CAFE**

Apply for free and reduced priced meals - and add money to your child's account with this convenient tool.

#### **REMIND**

Stay up to date on Food & Nutrition Updates and Announcements sent straight to your phone!

#### **HARVEST OF THE MONTH & TRADERS HILL FARM PARTNERSHIP**

Learn about our initiatives to support local growers and bring in-season products to our students.

#### **NUTRISLICE**

Stay up to date on your child's daily menu options with nutrislice.

Your cafeteria in the palm of your hand.



SchoolCafe is your one-stop tool for Nassau School Nutrition! Head to <http://www.schoolcafe.com> or download the free mobile app (search for SchoolCafe). There, you can **apply for free and reduced priced meals online** or on your phone in less than 3 minutes with your student's name and ID number. You can also **view your student's transactions**, **add money to their account**, and **receive low balance alerts** to your phone or email - all in one convenient place!

### *Drop us a line!*

1201 Atlantic Avenue  
Fernandina Beach, FL  
32034

Phone: 904.491.9924  
Toll Free: 877.813.2298

#### **Read more online:**

<https://www.nassau.k12.fl.us/foodservice>

#### **Like us on Facebook:**

Just search for  
"Nassau Nutrition."

## STAY in the KNOW

THERE ARE SEVERAL WAYS TO STAY CONNECTED AND INFORMED ABOUT YOUR CHILD'S FOOD & NUTRITION OPTIONS.



VIEW THE MENU ONLINE

<http://nassau.nutrislice.com>

- Track Your Student's Nutrition using the "Create-A-Meal" Feature
- View Photos and Descriptions of Menu Items
- Download their Free Mobile App: Search "School Lunch by Nutrislice"
- Review Nutrition and Allergy Information



SIGN UP ONLINE  
OR ON YOUR PHONE

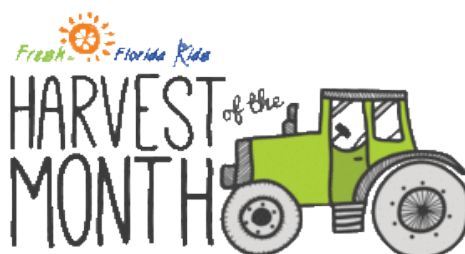
Remind is the leading communication platform in education—and now, you can follow Nassau County Food & Nutrition Services for information sent straight to your phone!

Text @nassaufood to the number 81010  
- or sign up at  
<https://www.remind.com/join/nassaufood>

## FARM to SCHOOL

LOOK FOR AN INCREASE IN OUR FARM TO SCHOOL PARTNERSHIPS AND MORE LOCAL PRODUCE ON THE MENU THIS YEAR!

"Florida's Farm to School Harvest of the Month (HOM) is an educational program that highlights a different Florida-grown product each month. HOM cultivates a healthy food and farm connection by increasing students' exposure to seasonal foods while also supporting local farmers."



Look for these farm to school items on the menu each month:

September - Avocado	February - Celery
October - Satsuma	March - Cauliflower
November - Yellow Squash	April - Blueberry
December - Snap Bean	May - Watermelon
January - Radish	



Nassau County  
School Nutrition  
Association, Inc  
[@nassawnutrition](#)



Have you found us on Facebook? Search for "Nassau Nutrition" and like our page to see school news, nutrition facts, and tips for keeping your family active!

## Meal Rates

\$1.50 | Elementary Breakfast  
\$2.25 | Elementary Lunch  
\$1.75 | Middle / High Breakfast  
\$2.75 | Middle / High Lunch  
\$0.30 | Reduced Price Breakfast  
\$0.40 | Reduced Price Lunch

### EAT WELL. LEARN WELL. START SMART WITH SCHOOL BREAKFAST.

We know life is hectic - but breakfast doesn't have to be! Studies show that students who eat breakfast perform better in school - so rely on our daily hot and cold options available for your students, including grab-and-go stations at some schools.



### FARM TO SCHOOL SPOTLIGHT

We're always excited to partner with local farms and vendors to bring fresh, in-season produce to our students. Traders Hill Farm will provide lettuce to our schools again this year!

They use aquaponic science to grow high-quality lettuce in a sustainable manner - all from their Hilliard, Florida location.

