



Healthy Chelsea

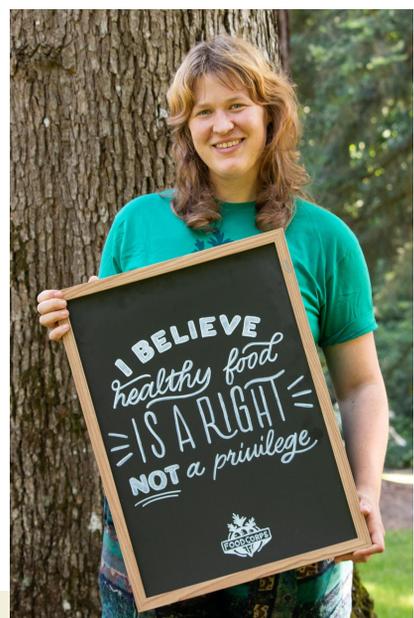
2019-20 End of Year Newsletter

Hello Chelsea Community!

It has been an honor to serve you and teach students in Hooks Elementary and the Early Learning Center this past year! Though our time together in the classroom and cafeteria was sadly cut short, we had a lot of fun, learned a lot together and ate some healthy snacks!

What is FoodCorps?

FoodCorps' mission is to connect kids to healthy food in school. We are a nationwide team of AmeriCorps leaders, serving in 18 states and the District of Columbia. We focus on delivering hands-on lessons in gardening, cooking, and tasting healthy food; improving school meals; and encouraging a school-wide culture of health.



Shifting to Distance Learning and Video Lessons

This spring, since I have not been able to physically be in schools with students, I have shifted to video lessons! Here are some of the video lessons I've created to share with my 1st and 2nd grade students!



Plant Part Scavenger Hunt!



Making cheese at home: it's so easy!//Hacer queso en...



Horchata for spring and #teachersappreciationweek!



Earth Day food art with Miss Becca and Miss Priyanka!

Come and join me at my YouTube Channel, where you can find all these videos and more!

 tiny.cc/RebeccaPerrin

Check out FoodCorps MA's channel for lots more fun activities and recipes to do at home!

 tiny.cc/FoodEducatorsMA

When typing in URLs above, be sure to capitalize the letters just as I have!

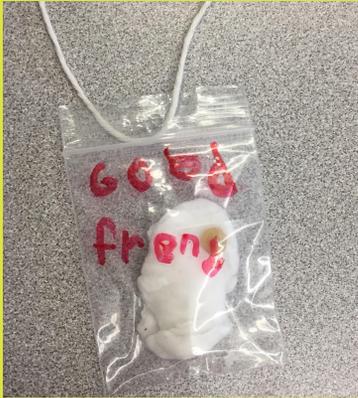
Highlights of the Year!

Students were able to sample a different Harvest of the Month recipe every month, and it was so much fun to serve fresh and healthy food to them in the caf!



Sampling apple oatmeal bars!

In the elementary complex, we conducted a Milk Waste Study to help students stay mindful of food waste!



A Bean Buddy became a "Good Friend"

Students at the Hooks and the ELC made Bean Buddy seed necklaces and learned what a seed needs to thrive!



Students at the ELC explored a compost bin and made friends with worms!

Follow us and stay connected!

If your family is in need of food, follow the Chelsea Hunger Network on Facebook for a resource guide, or dial 311.

 [facebook.com/ChelseaHungerNetwork](https://www.facebook.com/ChelseaHungerNetwork)

For updates on our continuing efforts, follow Healthy Chelsea on social media:

 [facebook.com/HealthyChelsea](https://www.facebook.com/HealthyChelsea)

 [@healthychelsea_schools](https://www.instagram.com/healthychelsea_schools)

Or email me anytime at rebecca.perrin@foodcorps.org!

Have a safe and healthy summer, and I'll see you next fall!