

# Food for Thought

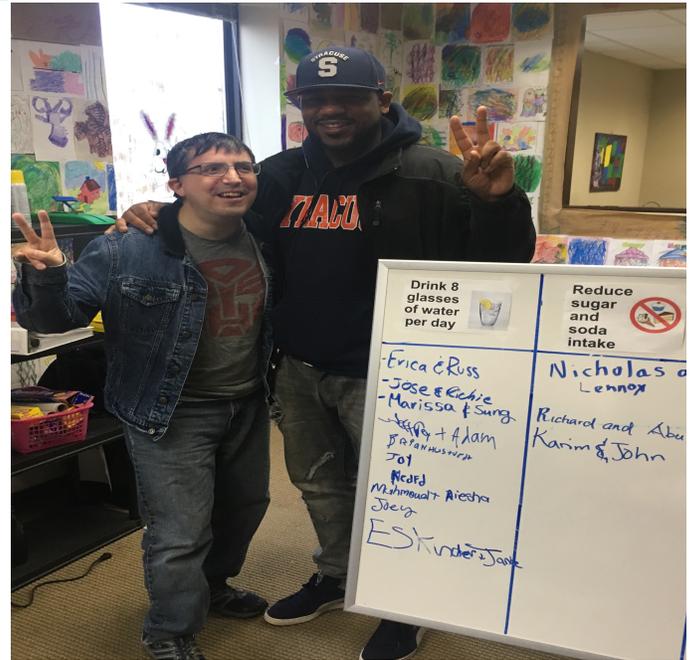
Erica Wildberger, Editor-in-Chief

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## A Better You! Update

In the 9055 kitchen, we are all learning that small steps lead to big changes. Our new health promotion A Better You! allows teams to choose weekly health goals to work towards overall well-being. We had 21 teams sign up to make a small change to improve their health. Along with our pre-defined goals, some teams got creative and designed personal objectives, which included packing vegetables for lunch, playing basketball three times per week and getting up to move for five minutes of every hour. After a week of completing their goal, successful teams received praise and a sticker. We are so proud of our teams and look forward to new teams joining and continuous success!



## Tasting Tuesday!



March 27th we tried Chestnuts!

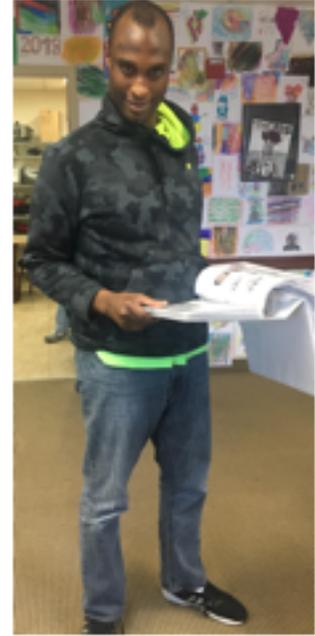
44% of participants liked them 😊

47% didn't like them 😞

9% wouldn't try them ❌

# Chef of the Month: Amani Shuttlesworth!

April's Chef of the Month is Amani Shuttlesworth! He is a well-known figure on the 9055-cooking floor due to his constant presence and bubbly personality. Amani is an eager and enthusiastic chef. He has been cooking with Ms. Janice since 2015. Since then, Amani has grown remarkably as a chef and now can prepare most of our recipes independently. Not only does Amani love to cook, he also loves to learn about new recipes and cooking techniques. He could spend hours reading cookbooks and food magazines in the Snack Zone. Amani's favorite dishes to cook include pizza, roasted chicken and on special occasions, cookies!



## Carrots or Yogurt?

By: Marissa Fobbs & Jared Mason

It's pretty fun having the Snack Zone available with so many great foods to try. There's always something good to eat that's fun to snack on. Even though we will get some different items we definitely have our favorites. Marissa's favorite is yogurt and Jared's favorite is carrots. So we decided to do a poll to find out what everyone thinks! We put a poll on Facebook and 33 people voted! It was close, but yogurt won with 20 votes and carrots only received 13 votes.



## Tasting Tuesday!



April 3rd we tried Kumquats!

65% of participants liked them 😊

25% didn't like them 😞

10% wouldn't try them ❌