

GLEN COVE SCHOOLS

February 26, 2020

Dear Glen Cove Administrators, Teachers,
Parents, Students and Community Members,

My name is Bhavani Jaroff and I am your school's new [Farm to School Coordinator](#). We received a grant from NY State to bring more local, fresh fruits and vegetables into the school lunch program. We started by doing a monthly "Harvest of the Month" taste testing, and we are making headway. I hope you've heard about it through your children, or had the chance to sample some of the vegetables that have been served! Slowly, more students are willing to try the vegetable of the month, and we are hoping to incorporate some of them into the lunch program.

In addition, we are evaluating the schools, Health and Wellness Policy, and looking at ways we can incorporate more food and nutrition education into the curriculum.

I'd love to see a salad bar and vegetable garden in every school, with more wholesome, scratch cooking taking place, but that will take a lot of work, and we will need a lot of support from the community. The good news is that we have begun the process, but please know this kind of change is not easy, and it will take years before we have the type of program we would like.

We have also joined NYC Public Schools in going meatless on Monday!

Founded in 2003, [Meatless Monday](#) is a global movement to reduce meat consumption, and to start each week with environmentally-friendly, healthy, meat-free meals. When we replace meat with plant-based choices, we can reap the [health benefits](#) of reduced type 2 diabetes, heart disease, and other food related illnesses, while taking [action against climate change](#) by reducing our carbon footprint and helping conserve precious environmental resources.

I'm looking forward to helping the Glen Cove School District become a model for a Healthy School Lunch Program, and will be reaching out into the community for your help in creating this reality.

Thank you,
Bhavani

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