

OUR NEWSLETTER

ISSUE NO. 5

JANUARY 2022



SCHOOL
FOOD HANDLER

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Friday Food Fight

It's Riddle Time for our Monthly Game

Stress Management Strategies

New Healthy and Delicious Meal

Course Recommendations

Hi Gia Darlene,

Happy New Year and welcome back to school!

Let's start 2022 by leaving all the stress that 2021

brought us and step into 2022 with a healthy mind

and a big smile!

WHAT TO WATCH



FRIDAY FOOD FIGHT

Featured episode:

[Providing Caffeine For The Soul With
Danny Brassell Ph.D.](#)

We all get easily stressed and distracted

by the things around us. Join us on this

special episode with Danny Brassell, PH.D. and



Bart Christian as we talk about
how reading can actually help you
stay positive in this chaotic
and fast changing world!

[Click Here To Subscribe To Our Youtube Channel](#)

FUN TIME

JANUARY'S GAME

It's riddle time!

Each of the six word to the right are US cities,

its letters scrambled together and

with one extra letter. If you take all the extra

letters and scramble those,

you will get another US city.

BODIES
COACHING
FORAGE
LEONARDO
ORGANISED
VAULTS

LEARN

FEED YOUR MIND

Stress is a sneaky thing. It can curl up inside you and grow like a Chia Pet until all the sprouts have grown out of control. Read this article and learn some ways on how you can cope with stress in 30 minutes or less!

[Click Here To Read The Full Article](#)

CHEF'S CORNER

Who doesn't love cheese?

Here's a healthier take to our all time favorite Mac and Cheese by The Food Network Kitchen!

[Click Here To View Full Recipe](#)



RECOMMENDED COURSES

Below is our list of recommended refresher courses to assign to your staff this month.

1. **Cultivating Positive Change in Food Service** - 2640/3450/3510/3520/4120
2. **Production Records** - 1170/2120
3. **Cleaning and Sanitizing Basics** - 2620/2630
4. **Ensure Proper Service Temperatures** - 2610/2620
5. **Rediscovering Your Power** - 3440/3450/4130/4140

Want to take these courses but not a School Food Handler customer yet? Not a problem!

[Contact us today for more information!](#)

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