

# THE FEED

SERVING THE LATEST IN LEWISVILLE ISD CHILD NUTRITION NEWS  
SPRING/SUMMER 2020



## LISD CHILD NUTRITION HEROES WEAR HAIRNETS

LISD Child Nutrition employees serve meals and smiles during COVID-19, through summer

## SHINING STAR: MEET OUR EMPLOYEE OF THE YEAR

Meet Kwok Kwan Chiu, LISD Child Nutrition Employee of the Year

## BEAT THE SUMMER HEAT

LISD Child Nutrition dietitians provide tips for summer hydration

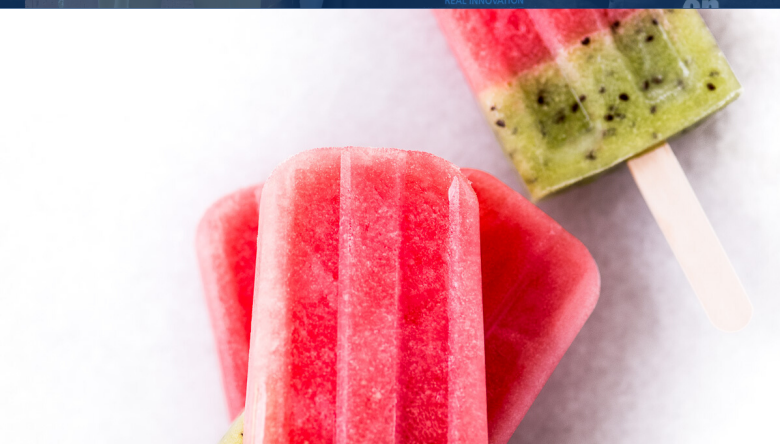
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## FIND US ONLINE

 LISD Child Nutrition Services

 @LISDNutrition  
@StreatzBeatz

 @LISDChildNutrition

 LISD.nutrislice.com

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**Marketing/Communications**  
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## ON THE COVER:

A student holds a "Thank You" poster for LISD Child Nutrition employees at Vickery Elementary School in support of School Lunch Hero Day, celebrated annually on the first Friday of May to recognize school cafeteria professionals across the country.



# A MESSAGE FROM THE DISTRICT MANAGER



Dear LISD Family and Friends,

The past few months have been anything but normal for the Lewisville ISD Child Nutrition Department. COVID-19 turned everyone's world upside down, and with it our Child Nutrition Program. Despite school closures, many children in our LISD community were still in need of meals, and despite the many COVID-19 related obstacles thrown our way, the LISD team was able to quickly open 14 meal distribution sites to meet this need.

Since the closing of school after Spring Break, the LISD Child Nutrition Department has served over a half million meals to children within the LISD community. In addition, we partnered with numerous non-profit groups, charitable organizations, churches, and volunteers to distribute additional needed food and supplies to families throughout LISD. We are proud of our front-line team members, and we are grateful for the support we've received from our community partners.

It is often thought that those who face and overcome challenges in life emerge stronger and wiser because of them. I certainly hope that the challenges of the past few months help us all to grow and become stronger in some way. Likewise, I hope that the challenges of the last few months help the LISD Child Nutrition Department better prepare for our re-opening of school this fall. The one thing that we want everyone to know is that no matter what we face in the months ahead, we will continue to make safe, highly nutritious food available to all LISD students every school day. Regardless of the school your child attends, they will be greeted this fall by the LISD Child Nutrition Team with exemplary service, innovative service delivery, and great, safe meal options every day.

Sending my best to everyone!

Ray Danilowicz  
Child Nutrition District Manager  
Lewisville Independent School District

# NOW SERVING SUMMER MEALS

FREE  
for all  
children  
age 18 &  
under

Breakfast and lunch meals available for Summer 2020 in Lewisville ISD and surrounding areas.

- Autumn Breeze Apartments
- Budget Suites - Lewisville
- Budget Suites - The Colony
- Button Memorial United Methodist Church
- Camey Elementary School
- Creekside Community
- DeLay Middle School
- Highland Acres Community
- Huffines Middle School
- Huntington Circle Apartments
- Lewisville Elementary School
- Lewisville High School
- Lovepacs - Little Elm Pantry
- Mill Street Elementary School
- Oak Point Elementary
- Peter's Colony Elementary School
- Polser Elementary School
- Rockbrook Elementary School
- Rocky Point Community
- Southridge Elementary School
- Stewart's Creek Elementary School
- Stone Creek Apartments
- The Salvation Army - Lewisville
- Valley Ridge Apartments
- Vickery Elementary School
- Wellington Park Apartments



Visit [bit.ly/LISDfreemeals](https://bit.ly/LISDfreemeals) for an interactive map of all free summer meal locations, dates, & serving times.

For more information, visit [www.lisd.net/meals](http://www.lisd.net/meals), or contact LISD Child Nutrition: 469.713.5207, [cn@lisd.net](mailto:cn@lisd.net)



No cost or enrollment required. Open to all children age 18 & under. This institution is an equal opportunity provider.

# SUMMER FOOD PANTRY CALENDAR



9-11 am **Denton Community Food Center**  
306 N. Loop 288, #400, Denton TX | 940-382-0807

9 am-noon **NTX Community Food, The Colony**  
5201 S. Colony Blvd., #650, The Colony TX | 469-514-9065



1-4 pm **Salvation Army Lewisville**  
206 W. Main St., Lewisville TX | 972-353-9400



9-11 am **Denton Community Food Center**  
306 N. Loop 288, #400, Denton TX | 940-382-0807

9-11:30 am **The Friendship House** (call for appointment)  
3733 N. Josey Lane, #103, Carrollton, TX | 972-512-3838

1-4 pm

9 am-noon **NTX Community Food, The Colony**  
5201 S. Colony Blvd., #650, The Colony TX | 469-514-9065



1-4 pm **Salvation Army Lewisville**  
206 W. Main St., Lewisville TX | 972-353-9400

4:30-6:30 pm **NTX Community Food, The Colony**  
5201 S. Colony Blvd., #650, The Colony TX | 469-514-9065



8-11 am + **Open Harvest Food Pantry, Lewisville**  
1301 S. Old Orchard Rd., Lewisville TX | 972-740-2055

10 am-2 pm **Heart of the City Lewisville**  
2021 N. Mill St., Lewisville TX | 972-824-6171

1-3 pm **Westside Baptist-Third Saturday, Lewisville**  
900 Bellaire Blvd., Lewisville TX | 972-221-5668



## Mobile Food Pantries

**North Texas Food Bank**

(214) 330-1396  
\*Updated every Monday\*  
ntfb.org/mobile-pantry  
facebook.com/northtexasfoodbank



**Tarrant Area Food Bank**

(817) 857-7100  
www.tafoodbank.org  
facebook.com/tafoodbank

## Resources

Apply for benefits online  
yourtexasbenefits.hhsc.texas.gov

Help with SNAP  
cchelps.org or call 972-221-122



Call 211 Texas Health and Human Services

## Daily Meals

12-1 pm Mon-Sat  
12:30-1:30 pm Sun  
Salvation Army Lewisville  
206 W. Main St., Lewisville TX

3:30-5 pm Mon-Fri  
S. Tracy Howard Project at Vistas on the Park  
1002 S. Edmonds Ln., Lewisville TX



Lewisville ISD Grab and Go meals: [Bit.ly/LISDFreeMeals](https://bit.ly/LISDFreeMeals)  
Find additional resources: [lisd.net/covid19resources](https://lisd.net/covid19resources)

# LISD Child Nutrition Heroes Wear Hairnets

*Child Nutrition Department feeds families during COVID-19 school closures, through summer*



When Lewisville Independent School District students left school in mid-March for Spring Break, they couldn't have imagined that it would be their last time to step foot on school grounds. The week after Spring Break, LISD made the initial decision to close schools in the midst of the COVID-19 outbreak. That same week, the LISD Child Nutrition

Department quickly put a plan in place to ensure children would continue to have access to meals.

Monday, March 23 marked the first day of free emergency feeding at eight district locations. By Wednesday, March 25, Rockbrook Elementary had been added as a ninth meal location. Stewart's Creek

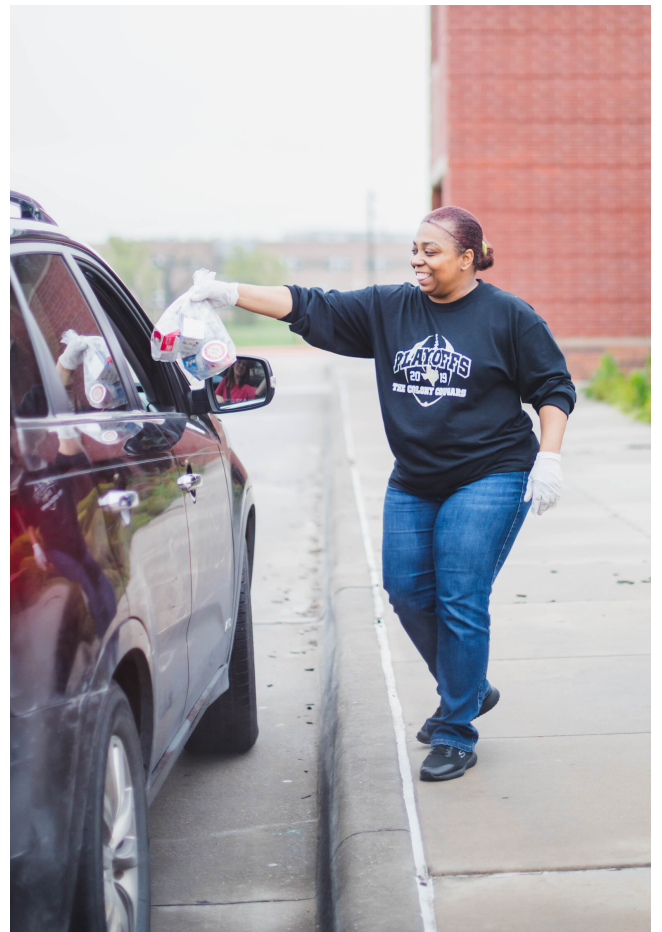
Elementary was added on Friday, March 27. After serving more than 14,500 breakfast and lunch meals by the end of the first week, the LISD Child Nutrition food truck StrEATz & bEATz was introduced as a mobile feeding solution, delivering meals to Creekside and Highland Acres Mobile Home Communities. LISD Child Nutrition staff and LISD

officials knew the need for free meals would only continue to grow.

"We anticipated that families would need access to free or low cost meal options for their children, especially considering the detrimental economic impact COVID had on jobs," said LISD Child Nutrition District Manager Ray Danilowicz. "Our first priority is always feeding children. We made it our mission to figure out the best way to make that happen, despite a pandemic."

COVID-19 emergency response feeding efforts, which officially ended on May 29, provided a total of 426,672 meals to children in the Lewisville, Carrollton, and The Colony communities.

Currently, LISD Child Nutrition is providing free summer meals through August at all of the COVID-19 emergency feeding sites. The Child Nutrition Department's summer feeding program, which officially began on June 1, has served more than 73,328 breakfast and lunch meals so far. The department is also continuing their active role in The North Texas Hunger Council (NTHC), a group of faith-based and non-profit organizations based in the Lewisville area who focus on adolescent food insecurity, especially during summer months and extended school holidays. Other NTHC members, including The Salvation Army



(Lewisville), Christian Community Action (CCA), and Valley Creek Church (Lewisville), are providing free meals at various sites throughout Lewisville and surrounding cities. Last summer, LISD and NTHC members served more than 140,000 meals across various sites in the Lewisville community.



"We want the kids to be seen, feel seen, and know that they're loved," said Meredith Hall, Community Kid's Director for Valley Creek Church in Lewisville. "Providing food is a way for us to make sure their physical needs are met. We try to do that throughout the year, whether we're in the schools or out in the community. We want them to know there's a large group of people, who they may never even see, that care about them and love them."

There is, indeed, a large group of people who care about LISD students. From church members, to teachers, principals, and cafeteria workers.

Raquel Miletta, a cafeteria employee from Lakeview Middle School, is looking forward to returning to work to see students. "I miss my Lakeview kids so much! Stay safe. Hope to see you next school year!"

Candi Gilbert, the cafeteria manager at Bluebonnet Elementary School, shares a similar sentiment. "I miss and love you all! Hope you have a fantastic summer!"

Crystal Shelton, the Java City barista at The Colony High School, will miss having the opportunity to say goodbye to graduating seniors. "I'll miss being able to wish them a good summer break and hear their plans. I always love talking to the students when they come through my line at the coffee bar."

During a time when many students' and families' lives were turned upside down, LISD Child Nutrition employees responded to the call. Cafeteria workers turned into essential workers, and made it their mission to meet the needs of the children they care for most.



"I miss my Lakeview kids so much! Stay safe. Hope to see you next school year!"  
-Raquel Miletta  
Lakeview Middle School  
Cafeteria Employee



# HEALTHY SUMMER MEALS FOR KIDS

No Cost For Kids 18 and Younger and enrolled students up to 21 with disabilities



**VISIT SUMMERFOOD.ORG**

Children need nutritious meals to learn, grow and thrive—even when school is out for summer. With the Summer Meal Programs, children and teens 18 years old and younger, and enrolled students with disabilities up to 21 years old can continue to eat healthy meals during the long vacation at no cost, just by showing up at a participating site.

**Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834**

\*You will only be sent information needed to find meal sites. Your personal information will not be shared.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.

Updated 05/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)

Food and Nutrition Division  
Summer Meal Programs



# Committed

Celebrating LISD Child Nutrition Employee of the Year Finalists, Retirees, and Years

## Employee of the Year Finalists

**Torhonda Brewer**  
*Liberty Elementary School*

**Nora Wilson**  
*Ethridge Elementary School*

**Kwok Kwan Chiu**  
*Flower Mound High School 9th*

## Retirees

Irma Castilleja  
Andrella Esqueda  
Betty Fields  
Sherrill Lineback  
Karen Randall  
Justa Umana

## 5 Years of Service

Idayat Abai  
Trisha Archibald  
Irene Blevins  
Donna Brand  
Sherri Clifford  
Patricia Conn  
Barbara Cooklin  
Julie Friedman  
Lanita Gafford  
Rosa Garcia  
Lilly Gholston  
Guneeta Hamilton  
Flor Ibarra  
Marie Jones

Rajwant Kaur  
Yasmin Lares  
Claudia Marquez  
Michell Mazzo  
Hector Mejia  
Johnny Moye  
Mary Nofflet  
Maria Nunez Lopez  
Maria Ordaz  
Wanda Recci  
Kathy Reyes  
Tara Richardson  
Maria Sanchez  
Crystal Shelton

Ayisat Shittu  
Jodee Tousignant  
Fely Weger  
Viviana Zubieta

## 10 Years of Service

Nohemy Aguilar  
Silvia Arriaga  
Yolanda Correa  
Alberto Cortes  
Norma Estrada  
Michael Garrett  
Kelly Gray  
Elke Macy



# to Serve

*of Service Award Recipients for the 2019-2020 School Year.*

## 10 Years of Service cont.

Raquel Miletta  
Kathy Nelms  
Grettel Peck  
Kashmir Saini  
Tasleem Ali

## 15 Years of Service

Latisha Bigham  
Barbara Bland  
Sheila Catlin  
Leonorilda Heredia  
Eulala Holston  
Donna Jackson  
Debra Johnson

## 15 Years of Service cont.

Kay Kaepfel  
Rosalba Lira  
Gloria Montoya  
Violeta Navarro  
Maria Pizano  
Victorina Pizano  
Theresa Sullivan

## 20 Years of Service

Brenda Bratton  
Maria Cano  
Sharon Innman  
Brandon Krenz  
Charlene Luna

## 20 Years of Service cont.

Deborah Martin  
Cathy Monk  
Yolanda Ortega  
Mirna Trevino

## 25 Years of Service

Sherrill Lineback

## 35 Years of Service

Olga Longoria

## 40 Years of Service

Beryl Denning

# SHINING STAR

Meet Kwok Kwan Chiu, LISD Child Nutrition Employee of the Year

EMPLOYEE SPOTLIGHT



**LISD**  
#LISDAWARDS

CHILD NUTRITION  
**EMPLOYEE OF THE YEAR**  
LEWISVILLE INDEPENDENT SCHOOL DISTRICT

Kwok Kwan Chiu, known as Mr. Jacky by district staff and students, has been an LISD Child Nutrition employee for 14 years. He began his career as a team member at Marcus High School, where he worked for 11 years before moving to Flower Mound High School 9th Grade Center.

Chiu, who works the deli line at FMHS 9th Grade Center, is no stranger to Flower Mound. "I love everything about working in the cafeteria," said Chiu. "I really love working at Flower Mound High School because my two daughters graduated from there. Our cafeteria manager, Kathleen, is a good manager. It's like working with family."

His two daughters, Dorothy (c/o 2008) and Kaye (c/o 2010) were FMHS students. Dorothy graduated from The University of North Texas in 2012 with a Bachelor of Science in Merchandising. Kaye is currently enrolled at The University of Texas Southwestern where she is studying to become a physician assistant. Chiu has lived in the Flower Mound community for the last 30 years with his wife, Gigi.

Not only is Chiu well-known by FMHS 9th Grade Center students for his upbeat personality and perfectly assembled sandwiches, he is also well-known by school administration, including FMHS 9th Grade Center Principal Jeffrey Brown. "Jacky is an outstanding person! He always has a smile on his face and goes above and beyond to ensure every student who he interacts with gets the attention they need."

"I started working with Jacky when he moved to the Flower Mound feeder from Marcus," said Jacci Mozingo, Flower Mound Feeder Child Nutrition Manager. "He has a wonderful and positive attitude on a daily basis. Students love interacting with him!"



Chiu pictured with Flower Mound Feeder Child Nutrition Manager Jacci Mozingo.



Chiu and family pictured (above) at his daughter Kaye's graduation, and pictured (below) at his daughter Dorothy's graduation.



Chiu and coworkers at an LISD Child Nutrition event in November 2013.

Although Chiu has enjoyed spending some time at home during COVID-19 school closures, he misses seeing students' smiling faces in the lunch line. "I work hard to make sure the food is good. I'm happy to see the students' happy faces every day. The kids are our future, and I'm happy LISD gives me an opportunity to serve them."

# Beat the Summer Heat

Tips for summer hydration from our district dietitians Dorothy Cadet and Elaine Minden



Dorothy Cadet, MS, RDN, LD



Elaine Minden, RD, LD

During the hot summer months our bodies need more fluid to stay hydrated, especially for outdoor activities. Follow the tips below to keep your body hydrated in a healthy way this summer.

- **Water is #1**

Whether from the tap or from a bottle, water is the ideal hydration beverage. How much water your body needs depends on your size, gender, and level of activity. Aim for 6-8 cups a day, or even more when you are active outdoors.

- **Add some flavor**

To make your water more appealing to drink, try adding slices of fresh cucumber, berries, melon, or mint to your water for a little flavor.

- **Carry a Reusable Water Bottle**

Having a bottle full of water at the ready is a great way to remind yourself to drink frequently and reach your 6-8 cup daily goal. Reusable water bottles are also environmentally friendly!

- **Limit Sugary Drinks**

Sugar-sweetened beverages, like soda, energy drinks, and sweet tea are fine to drink every now and then in moderation, but when consumed regularly they can add extra calories to our diet that our bodies may not need. Aim to drink water more often and enjoy sweetened drinks as a special treat.

- **Enjoy Fruits & Veggies**

Add fruits and veggies with high water content to your daily diet, such as watermelon, strawberries, apples, cucumbers, broccoli, and spinach.

## Kiwi-Watermelon Popsicles

Recipe adjusted, courtesy of <https://www.kids-cooking-activities.com/Popsicle-recipes.html>

### Ingredients

- 2 cups fresh watermelon, cubed and seeded
- 2 whole kiwi, cut into slices
- 1 cup apple juice

### Instructions

Blend watermelon and apple juice in a blender or food processor until smooth. Set aside. Place sliced kiwi into Popsicle mold of your choice. Pour watermelon and apple juice mixture into molds on top of kiwi slices. Place one Popsicle stick in the center of each mold. Place Popsicle mold in the freezer for an hour, or until fully frozen. Once frozen, run the mold under warm water to help release the Popsicles.

\*For more chunky textures, hand mash watermelon, add kiwi slices, then pour apple juice into mold and freeze. Kiwi and watermelon can be substituted for mango, pineapple, or the fruit of your choice. Apple juice can also be substituted for water, coconut water, or yogurt.

Enjoy!