



Saint Hilary School

Where faith, family, and academics thrive!

Dear Parent/Guardian,

February 24, 2016

I wanted to update you on our Lenten Service Project collecting Pennies for Patients in conjunction with the Leukemia & Lymphoma Society. After the second week the students and families have collected \$5,580.57! What an amazing way to kick off this important fund-raising effort. Don't forget this year there are some fantastic rewards for children who encourage their family and friends to donate on-line at <http://events.lls.org/pages/il/StHilarySchool>. Stay tuned for some fun and exciting days as we help find a cure for cancer.

Our St. Hilary Science Club participated in the regional competition of the US Department of Energy's Science Quiz Bowl last Saturday. Congratulations to Elisabeth, Maggie, Michelle, Kathryn, Kevin, Zheous, Deni, and Andrew on representing St. Hilary as the fine young men and women that you are. Thank you to Mr. Andre for working with the Science Club and making this experience possible for our young budding scientists.

Congratulations to our 8th graders who took the Catholic High School entrance exam! All of our students were accepted into the high schools of their choice; including St. Ignatius, St. Patrick, Regina, Resurrection, Loyola, and St. Bens. Historically our 8th graders have been accepted to these schools and CPS schools, such as: Jones, Lane, Peyton, Whitney Young, Northside College Prep, and Von Steuben. We are confident that our students are well prepared to be successful in high school and beyond.

The deadline for placing your order for the 2015-2016 school yearbook is Feb. 26th. 8th graders do not have to order their yearbook as it is part of their 8th grade fees. They will automatically receive a copy.

Reminders:

Registration for the 2016-2017 school year has begun. This year we will be implementing a new on-line registration process. It is our hope that this will make registrations easier for you and help us to keep all information compiled more efficiently. If we have a current email address on file for you, you should have received an email from Infosnap with a personal "Snap Code" that you will need to complete the on-line registration form. The link to register is <https://secure.infosnap.com/family/message.aspx?code=actionprivate>.

You received the traditional Powerschool Student Data form to reregister last week if you would like to use that option. Please review the form, make any necessary corrections, complete the tuition payment preference form, and return these forms to

school with the \$100.00 registration fee. The registration fee will increase to \$200.00 for any registration after March 11, 2016. Thank you to the many families who have already completed their registration. We are very fortunate to have new prospective families inquiring about seats for next year, spaces may soon be limited so please be proactive and register early.

This year, once again, St. Hilary will be utilizing the FACTS management program for our financial aid process. There is a link on our school's website for the FACTS program. This is the same organization that serves as our tuition management program. It is more efficient for everyone to incorporate both of these services in one program. The application is now available for you. Please see the letter in today's envelope for more details.

Don't forget to tell a friend about St. Hilary and as a thank you, you will receive a \$100.00 tuition credit on your December tuition statement pending enrollment of the referred family. Your cooperation is greatly appreciated!

The end of the second academic trimester is March 11th. Please make sure your financial obligations to Saint Hilary are taken care of in a timely manner. If you have experienced a change in circumstances please contact Mrs. Donovan to make adjustments to your bill and arrange a payment plan. Per board policy, students whose tuition and fees have not been kept up to date will be subject to exclusion on Wednesday, March 16th.

Please note 8th graders must be paid in full by May. Failure to complete payment will result in loss of participation in 8th grade events/activities and possibly graduation. Your cooperation is greatly appreciated. If your account is current, I thank you!

Contents of this Wednesday's envelope:

- SCP flyer
- March Menu
- LLS flyer
- Men's Club flyers
- Rose Ceremony flyer
- 90th Anniversary "Save the Date" flyer
- Women's Club "Goodies" flyer
- Recycling Contest flyer
- Book Fair flyer

Mark your calendars:

- Wed. Feb. 24th & Thurs. Feb. 25th – Cupcakes for a Cure Bake Sale
- Fri. Feb. 26th – “Team up against Leukemia and Lymphoma”
- Fri. Feb. 26th – Basketball Pep Rally
- Fri. Feb. 26th – 8th grade basketball team Rose Ceremony 7:00. Come cheer on our team!
- Sun. Feb. 28th – Family Mass hosted by 1st and 7th grade faith partners
- Sat. March 5th – Men’s Club Corned Beef & Cabbage Dinner/Auction

Emergency Closing/Cold Weather

Cold weather: Students will be kept in for indoor recess when the temperature is below 25 degrees (actually or with wind chill) or in wet rainy/snowy conditions. Please make sure your child comes prepared to go outdoors – gloves, scarf, hat or hood. This is especially true of those who are on patrol.

Emergency Closing Information

Our SchoolReach system will notify you either by phone or email in the event of our school closing due to weather. In addition, emergency closing information will be announced on WBBM Radio Newsradio 780 and WGN Radio 720. The television stations to watch are CBS Channel 2 Chicago, Channel 5, ABC Channel 7 Chicago, WGN Morning News, Fox 32 and CLTV News. On-line you may access information at www.EmergencyClosings.com. Our website www.sthiliarychicago.org will also have closing information. We will close if the Archdiocese closes and if CPS Closes – extremely rare events. **You should choose, based on your own judgment and situation, whether or not to keep your child(ren) home.**

Please check out the Peek at the Week for a look at the week ahead.

As always, if you have any questions please feel free to contact me at school 773-561-5885 or by email donovan@sthiliarychicago.org.

Gratefully,

Mrs. Kathie Donovan

Mrs. Kathie Donovan, Principal

A Peek at the Week

Week of February 29 – March 4

St. Hilary where faith, family, and academics thrive!

MONDAY: February 29th

Altar Servers: Brandon, Christine N.

- ✓ Religious Education classes
- ✓ Cadet Band 7 – 7:45 a.m.
- ✓ Concert Band 3 – 4 p.m.

TUESDAY: March 1st

Altar Servers: Ruel, Sabrina

- ✓ Student Council meeting – officers
- ✓ Battle of the Books Room 204 3:30 – 4:30
- ✓ School Board Meeting – 7:00 p.m. in the rectory

WEDNESDAY: March 2nd

Altar Servers: Daniel, Luke

- ✓ 8:30 all school liturgy
- ✓ 1:45 dismissal – faculty meeting
- ✓ Cadet Band 7 – 7:45 a.m.

THURSDAY: March 3rd

Altar Servers: Willy, Johnny

- ✓ Cardinal Choir Practice 3:00 – 4:00 p.m. in Room 109
- ✓ Concert Band 7 – 7:45 a.m.

FRIDAY: March 4th

Altar Servers: Isabella A., Zachary

SATURDAY: March 5th

Altar Servers: 8:30 a.m. volunteers

5:00 p.m. Ruel, Katrina B., Toni

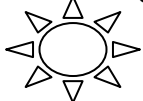
SUNDAY: March 6th

Altar Servers: 8:00 a.m. Truc, Christine & Sabrina N.

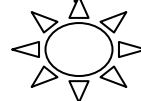
10:00 a.m. Miles & Sarah O., Camille

12:00 Noon Marina & Zach M., Adhrian

Don't forget to register your child for the 2016-2017 school year!!



\$100.00 registration fee until March 11th!



Men's Club Corned Beef & Cabbage Dinner Auction
Sat. March 5th – Don't miss out on your chance to bid on your
child's grade level project!!!

CUPCAKES FOR A CURE



STUDENT COUNCIL IS HOSTING A CUPCAKE BAKE SALE! ALL THE MONEY EARNED WILL GO THE LEUKEMIA AND LYMPHOMA SOCIETY (LLS) TO HELP FIND A CURE FOR CANCER. THE BAKE SALE WILL BE HOSTED WEDNESDAY, FEBRUARY 24 UNTIL THURSDAY, FEBRUARY 25 AFTER SCHOOL ON THE PLAYGROUND. THERE WILL BE A WIDE SELECTION OF CUPCAKES FROM RED VELVET TO S'MORES TO BANANA AND MANY MORE!!

**SO COME SUPPORT STUDENT COUNCIL AND LS
AND INDULGE IN SOME SWEETS
WHILE HELPING TO SAVE LIVES ALL ACROSS
ILLINOIS!**



Team Up For A Cure



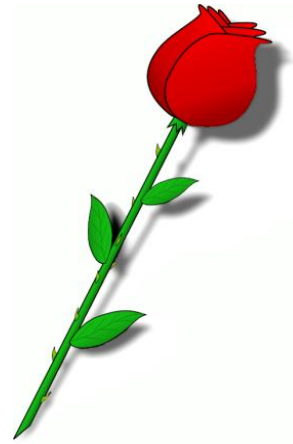
This Friday, Feb. 26th, students may come out of uniform and wear their favorite sports jersey or team's colors. In order to dress down, students need to bring a minimum of a one dollar donation. All the donations will go to your homeroom box for our LLS competition. (Leukemia and Lymphoma Society) We are raising this money to help find a cure for cancer and help save lives. So remember to come wearing your sports jerseys or team's colors next Friday and help the fight to end cancer!



**someday
is today™**



**LEUKEMIA &
LYMPHOMA
SOCIETY®**
fighting blood cancers



Come join us for
ROSE CEREMONY

and Cheer on your 8th grade
Basketball Team

FRIDAY FEBRUARY 26 AT 7:00pm
against St. Benedict

24

51

1

12

3

13

43

The team record is 13-1

41

LET'S PACK THE GYM!!!

34



20



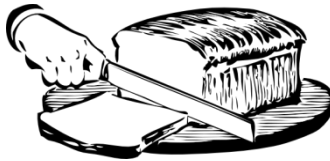
2016 Lenten Silent Lunch



On **Wednesday, March 2**, Student Council is requesting your help for our Lenten almsgiving project to help support children and families affected by the water crisis in Flint, MI. Each student is asked to bring a **\$1 minimum donation** for this cause.

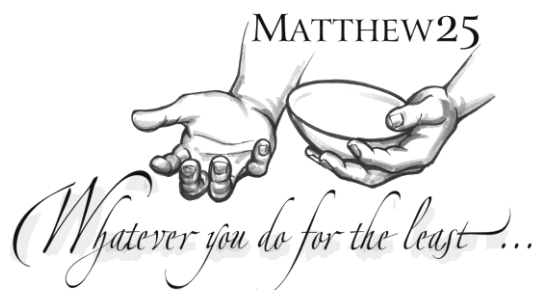
Students will receive a **small bowl of chicken broth soup, a slice of bread, and a cup of water.**

No other food will be served in the cafeteria. If a student requires a heartier lunch due to medical needs, they may bring their own lunch on this day. Students will also hear a presentation about our call to serve others, especially those in Flint who have no clean water.



We hope our Silent Lunch will be a meaningful event for the students of St. Hilary.
We thank you in advance for your support and cooperation.

In the Gospel of Matthew, Jesus says, “For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, in prison and you visited me...Whatever you did for these least brothers of mine, you did for me.”





Dear Parents and Guardians of St. Hilary Students,

Please plan to attend the Men's Club Corned Beef and Cabbage Dinner and Silent Auction on Saturday, March 5th, beginning at 5:00 pm in the Vacala Auditorium. This event is the Men's Club's primary fundraiser, among numerous efforts held throughout the year. The fundraising allows us to support the athletic programs of St. Hilary School and defray the cost of participation up to 60% for each student-athlete.

As has been the case the last several years, the Silent Auction will include artwork prepared by each class. These items will be available in an on-line bidding website in advance of the event. Please look for a link on the school's website early next week. Bidding will then continue on these items at the event, as well as bidding on sports apparel, liquor and wine baskets, and a 40" HD TV.

Tickets for the Dinner and Silent Auction are \$30 each and will be available in the school office, the Rectory and at the door on the night of the event.

We hope to see you at this fun and important event!!

A handwritten signature in blue ink, which appears to read "Daryl McNabb".

Daryl McNabb

St. Hilary Men's Club President



**ST. HILARY ATHLETICS & ST. HILARY
MEN'S CLUB**

***ST. PATRICK'S DAY
CORNED BEEF DINNER***

***SILENT AUCTION & SPORTS PROGRAM
FUNDRAISER.***

SATURDAY MARCH 5, 2016

ST. HILARY CAFETERIA & GYM,

DOORS OPEN 5:00 P.M.

IRISH MUSIC & DANCE, CASH BAR.

Raffles pull tabs.

Auction Items:

**Sports Tickets, Apparel & Memorabilia, Projects Created
by each Classroom
and much more.**

TICKETS \$ 30.00. RESERVATIONS TABLES OF 8 OR MORE.

**TICKETS AVAILABLE AT SCHOOL OFFICE, CHURCH
RECTORY, ALSO THE NIGHT OF THE EVENT.**

Daryl McNabb 773.633.0980, damcnabb@sbcglobal.net

All are Welcome !!!

GOODIES GALORE!

The St. Hilary Women's Club
will hold its annual
Spring Bake Sale
the weekend of March 5th & 6th
in the California vestibule of the church after all the Masses.

Bakers are asked to prepare their fabulous goodies
and bring them to the California vestibule after 4 p.m. on
Saturday the 5th , before masses on Sunday the 6th ,
or they can be dropped off at school on Friday the 4th.

Donations to help fill the "Spirits" baskets
would be appreciated and may be dropped off
at the Rectory before Thurs. the 3rd.

Don't forget to stop by to purchase
your favorite sweets for the holidays
and take a chance on several
generous liquor baskets.

Thank you



Service hours are available for baked items



Parish Verses School Recycling Contest!

The Week of March 7 -11

The winner will receive . . . bragging rights!

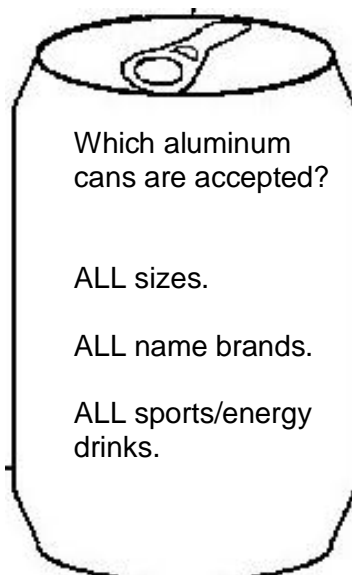
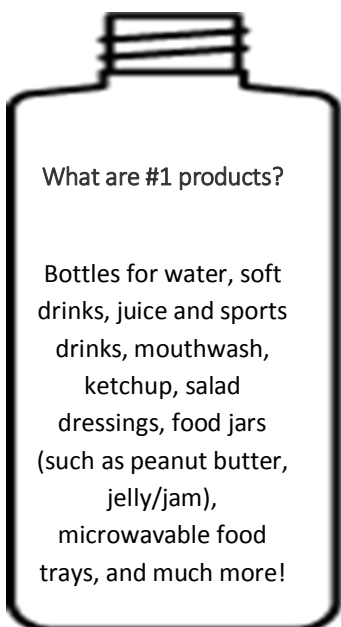
If the school wins, ALL students will earn a special
“blue and green” out of uniform day.

If the parish wins, the students will make congratulatory
cards which will be hung in the church.

**BRING IN ALL ALUMINUM CANS, WATER
BOTTLES, AND OTHER #1 PLASTIC. BOTTLES
OR CANS FROM ALCOHOL ARE NOT PERMITTED.**

Students should bring
their recycling to their
homerooms.

Parishioners, please
drop off your recycling
in the blue recycling
bins in the **LARGE**
parking lot, outside
school door #6.



We are still in the running for the PepsiCo recycling contest. Please help us out!!!



SAVE THE DATE!

The first Mass at St. Hilary Church was celebrated
on May 9, 1926.

- ❖ We will celebrate our 90 years over a 9 month period starting with a Mass on Monday, May 9, 2016 at 7:00 p.m.
- ❖ On Saturday, October 22, 2016 we will host a special 90th Anniversary Dinner Dance at the Holiday Inn Skokie!

MARK YOUR CALENDARS FOR THESE SPECIAL EVENTS!

WE HOPE TO SEE YOU THERE.

The 90th Anniversary Planning Committee

Come to our **BOOK FAIR!**

Student preview: March 16

Shopping days: March 17, 18 & 20

School Gym

All purchases benefit our school!



Credit cards accepted at participating schools.





USE SCP'S FOR ALL YOUR ST. PATRICK'S DAY DINNER NEEDS!

**Remember; no order is too BIG or too small. It
all goes to benefit our children!**

You can now use your rebate towards reducing your tuition, your book fee, purchase gym uniforms, after school care, or add to your lunch card and as always you can buy more certificates, or donate your rebate to the school which would be used towards the school technology program

- ❖ USE THEM TO SHOP INSTEAD OF CASH. CHECK OR CREDIT.
- ❖ ST. HILARY RECEIVES A COMMISSION ON EACH CERTIFICATE SOLD.
- ❖ WE WILL SPLIT THAT COMMISSION "50-50" ON YOUR TOTAL PURCHASE FOR EACH QUARTER. IT CAN BE USED TOWARDS TUITION, BUY MORE CERTIFICATES OR DONATE IT TO THE SCHOOL.
- ❖ "FACTS" PARTICIPANTS ARE ELIGIBLE FOR ALL THE BENEFITS OF THE SCP PROGRAM.

FOR MORE INFORMATION ON SCP* Email
KATHY ERNST at: ernst@sthilarychicago.org

CERTIFICATES USUALLY ON HAND:

CERTIFICATE ORDERS RECEIVED BY FRIDAY WILL BE AVAILABLE ON TUESDAY OF THE FOLLOWING WEEK:

RESTAURANTS:

Burger King (2% rebate)	\$10 ____
Chili's (5.5% rebate)	\$25 ____
Chipotle (5.5% rebate)	\$10 ____
Dunkin Donuts (1.5% rebate)	\$10 ____
I Hop (4%rebate)	\$25 ____
Kentucky Fried Chicken (4.5% rebate)	\$5 ____
Lettuce Entertain You Restaurants (6.5% rebate)	\$25 ____
Lou Malnatis (3.5% rebate)	\$25 ____
Panera Bread (4.5% rebate)	\$10 ____
Olive Garden/Red Lobster (4.5% rebate)	\$25 ____
Panera Bread (4.5% rebate)	\$10 ____
Pizza Hut (4% rebate)	\$10 ____
Starbucks Coffee (3.5% rebate)	\$10 ____
Subway (1.5% rebate)	\$10 ____
Wendy's (2% rebate)	\$10 ____

SPECIALTY:

AMC-Cineplex-Sony-Lowes Theaters (4% rebate)	\$25 ____
AMC-Cineplex-Sony-Lowes Theaters (4.5% rebate)	\$9 ____
Fannie May (12% rebate)	\$20 ____
I Tunes (1.5% rebate)	\$25 ____
Mobil/Exxon (0.50% rebate)	\$50 ____
Shell Debit Card (1% rebate)	\$25 ____
Shell Debit Card (1% rebate)	\$100 ____
U.S. Postage Stamps 20 @ .49¢ (0% rebate)	8.8 ____

RETAIL:

Bath & Body Works (6.5% rebate)	\$10 ____
Best Buy (1.5% rebate)	\$25 ____
Carson Pirie Scott (4.5% rebate)	\$25 ____
Claire's (4.5% rebate)	\$10 ____
Dick's Sporting Goods (3% rebate)	\$25 ____
Gordon Food Service (1.5% rebate)	\$25 ____
Home Depot (2% rebate)	\$25 ____
Jewel-Osco (2% rebate)	\$25 ____
Jewel-Osco (2% rebate)	\$100 ____
Lowe's Home (2% rebate)	\$25 ____
Marianos (2% rebate)	\$25 ____
Marshall's/T J Maxx(3.5% rebate)	\$25 ____
Muller Meats (3% rebate)	\$20 ____
Old Navy,Gap,Banana Republic (2% rebate)	\$25 ____
Ross (5% rebate)	\$25 ____
Toy-R-Us (1.5% rebate)	\$20 ____
Walgreens (3% rebate)	\$25 ____
Wal-mart (1.25% rebate)	\$25 ____

ST. HILARY GIFT CERTIFICATE

CHOOSE THE AMOUNT \$_____

CERTIFICATE ORDERS (FROM BOTTOM SECTION) RECEIVED BY FRIDAY WILL BE AVAILABLE ON TUESDAY OF THE FOLLOWING WEEK:

RESTAURANTS:

	\$10 ____
	\$10 ____
Boston Market (6.5% rebate)	\$10 ____
Buffalo Wild Wings (3.5% rebate)	\$25 ____
Eduardo's Pizza (4% rebate)	\$10 ____
Houlihan's (4% rebate)	\$25 ____
Mrs. Fields Cookies (9% rebate)	\$10 ____
Outback Steakhouse (4% rebate)	\$25 ____
Red Robin (4.5% rebate)	\$25 ____

SPECIALTY:

Barnes & Noble (4% rebate)	\$10 ____
B P Gas (.50% rebate)	\$50 ____
Chuck E. Cheese (4% rebate)	\$20 ____
Honey Baked Ham (4.5% rebate)	\$25 ____
Hyatt Hotels (4% rebate)	\$25 ____
Oberweis (4.5% rebate)	\$10 ____
Timber Ridge Lodge (4.5% rebate)	\$25 ____

RETAIL:

Bed, Bath & Beyond (3% rebate)	\$25 ____
Build A Bear (4% rebate)	\$25 ____
Crate & Barrel (3% rebate)	\$25 ____
CVS Pharmacy (2% rebate)	\$25 ____
Eddie Bauer (4.5% rebate)	\$25 ____
Express (5.0% rebate)	\$25 ____
Foot Locker (4% rebate)	\$25 ____
Hair Cuttery (4% rebate)	\$10 ____
J C Penneys (2% rebate)	\$25 ____
Land's End (7% rebate)	\$25 ____
Lane Bryant (4% rebate)	\$25 ____
Mario Tricoci (4% rebate)	\$25 ____
Menard's (1.5% rebate)	\$25 ____
Office Depot (2% rebate)	\$25 ____
Office Max (2.5% rebate)	\$25 ____
Payless Shoes (6.5% rebate)	\$10 ____
Pier 1 Imports (4.5% rebate)	\$20 ____
Pottery Barn/Wm. Sonoma (4% rebate)	\$25 ____
Shutterfly (4.5% rebate)	\$25 ____
Sports Authority (4% rebate)	\$25 ____
Target (1.00% rebate)	\$25 ____
Target (1.00% rebate)	\$100 ____

Please note: When one or more companies are listed together, the certificates are good at either store.

NAME _____

ORDER TOTAL \$ _____

SEND WITH STUDENT * _____

PHONE NUMBER _____

WILL PICK-UP AT SCHOOL _____

Please make checks payable to: St. Hilary School

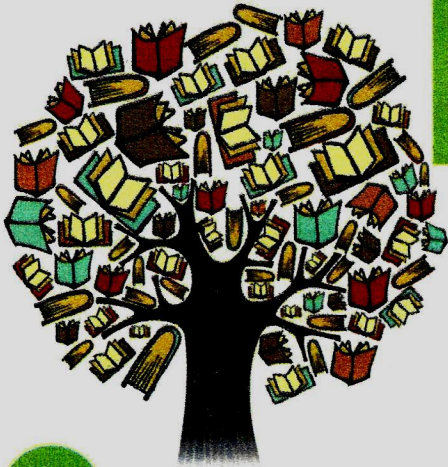
*PLEASE NOTE: St. Hilary School & its Board cannot be held responsible for any loss that may occur in transit.

Any Questions, Call Kathy Ernst (773) 989-9249.

ROOM # _____

Order Your Yearbook!

Orden su Anuario!



Order Your St Hilary School 2015-
2016 School Yearbook Today!

This is your
ONLY
opportunity
to order.



4105 Progress Drive
Ottawa, IL 61350
815.433.1766

Satisfaction Guaranteed
or Your Money Back

Reserve your yearbook now for only \$25.00

Order Deadline: February 26, 2016

HOW TO ORDER: Fill out this envelope with all important information. PLEASE PRINT.
Give the completed envelope to your classroom teacher. Make checks payable to: St Hilary School.

All prices include sales tax. Yearbooks will be delivered to the school.

*Please note that multiple book purchases will be sent home with the student listed below.

Student's Name _____

Teacher _____ Grade _____

Room _____

I would like to order _____ @ \$25.00 each

St Hilary School

Total enclosed \$ _____


Check ☐

Cash ☐



St. Hilary School K-8 LunchSmart Menu March 2016



Monday	Tuesday	Wednesday	Thursday	Friday
	March 1 Turkey Soft Tacos* with Garnish Cup & Salsa Refried Beans Mixed Fruit	March 2 Silent Lunch Chicken Broth And slice of bread	March 3 Spaghetti* with Homemade Meat Sauce Broccoli Florets Applesauce	March 4 Cheesy Pizza* Baby Carrots Pears
Weekly Salad Specials: Crispy Chicken Salad & Breadstick* / Meatless Entrée Salad (served on 3/4) / Spotlight Fruit of the Week: Fresh Pear + Other Fruits as Shown on Menu				
March 7 Chicken Tenders* with BBQ Dipping Sauce Sliced Carrots Peaches Breadstick*	March 8 All-Beef Hot Dog on a Bun* Sweet Potato Waffle Fries Mixed Fruit Honey Oat Goldfish Cracker*	March 9 Beef Sukiyaki & Noodles Asian Slaw Kyoto Vegetable Blend Pineapple 	March 10 BBQ Chicken Sandwich on a Bun* Kettle-Baked Beans / Peas Applesauce	March 11 Lasagna Roll-Up* Broccoli Pears Garlic Bread*
Weekly Salad Specials: Chef Salad & Breadstick* / Meatless Entrée Salad (served on 3/11) / Spotlight Fruit of the Week: Honeydew Melon + Other Fruits as Shown on Menu				
March 14 Oven-"Fried" Chicken Drumstick* Corn / Mashed Potatoes with Country Gravy Peaches Cinnamon Stix*	March 15 Beef Taco Scoopers with Corn Chips* & Garnish Cup Refried Beans California Blend Veggies Mixed Fruit	March 16 Bosco Stick* with Marinara Dipping Sauce Green Beans Pineapple	March 17 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion, Garnish Cup & Salsa Applesauce	March 18 Baja Fish Sticks* with Tartar Sauce Sliced Carrots Pears Breadstick*
Weekly Salad Specials: Apple-Cranberry Chicken Salad / Meatless Entrée Salad (served on 3/18) / Spotlight Fruit of the Week: Grapes + Other Fruits as Shown on Menu				
March 21 Rotini* with Homemade Meat Sauce Broccoli Peaches	March 22 Turkey Ham & Cheese on a Pretzel Roll* Oven-Baked Crinkle-Cut French Fries Mixed Fruit	March 23 Chicken Parmigiana Hoagie* California Blend Veggies Pineapple	March 24 Half Day	March 25 Good Friday No School
Weekly Salad Specials: Southwest Chicken Salad / Meatless Entrée Salad (served on 3/25) / Spotlight Fruit of the Week: Fresh Pear + Other Fruits as Shown on Menu				
March 28	March 29	March 30	March 31	
S P R I N G B R E A K				
Weekly Salad Special: Chef Salad / Spotlight Fruit of the Week: Fresh Pineapple + Other Fruits as Shown on Menu				

Salad and Fresh Fruit Available Each Day / Additional Entrées Offered Daily

Monday – Pepperoni French Bread Pizza* / **Tuesday** – Chicken Nuggets* with Twisted Breadstick & BBQ Dipping Sauce / **Wednesday** – All-American Cheeseburger on a Bun* / **Thursday** – Chicken Corn Dog* / **Friday** – Cheese Ravioli* (3/4) + Bosco Stick* (3/11, 3/25) + Toasted Cheese Sandwich* (3/18) / Sunbutter & Jelly Sandwich with a Yogurt Cup **available every day**

*=Item contains whole grains / Milk contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity provider

National Nutrition Month® and MyPlate

March is National Nutrition Month®. It is sponsored by the Academy of Nutrition and Dietetics each year to encourage healthy eating and physical activity. This year's theme is "Savor the Flavor of Eating Right." The emphasis is on the mindful eating of flavorful food and enjoying the overall dining experience. Visit www.choosemyplate.gov/MyPlate to find out how to build a nutritionally sound eating style.

Around the World in a Lunch Period – Japan

Greetings from the next **Culinary Explorations** destination, Japan! The name for Japan in Japanese is Nippon. It means "Land of the Rising Sun." Japan was probably settled approximately 35,000 years ago by migrants from the Asian mainland to this archipelago of more than 6,800 islands. Nowadays, Japan's population is estimated at around 127,300,000 people. Japan's economy is the third largest in the world. The country is well known for its cars and consumer electronics. The Japanese government, a constitutional monarchy, is based upon a parliamentary cabinet system. The emperor primarily acts as the symbolic leader of the country. Did you know:

- Tokyo is the country's capital and most populous city?
- The prime minister is the political leader of Japan – not the emperor?
- Baseball, golf, and sumo wrestling are among Japan's favorite sports?
- Because Japan is surrounded by water, fish is a diet staple?



Rice, vegetables (sometimes pickled), noodles, mushrooms, seaweed, soy products, and fruits are commonly used in Japanese cooking. The Japanese believe that you eat with the five senses: taste, touch, sight, sound, and smell. Seasonal ingredients and presentations are used to express winter, spring, summer, and fall. Enjoying the textures and colors of food is important as well. Sample Japanese-style food on March 9. Our menu features beef sukiyaki and Asian slaw. Suki-yaki is known as a "hot pot" dish. In a restaurant, a hot pot dish is cooked and served at the table. Suki-yaki typically consists of meat, vegetables, sauce, and other ingredients.

どうぞめしあがれ (Good eating).