

Dr. Lishak,

Please review and forward to the board for approval the attached proposal for a joint venture written by Wakefern for a partnership with our school and our MD class.

Burnett Middle School and ShopRite of Union Partnership Health and Wellness Proposal with Retail Dietitian

Objective:

-To develop nutrition and culinary skills for the life skills class of Burnett Middle School.

Timeline:

1. Week One- Proposed date (last week of September)

- *Dietitian visits Burnett Middle School
- *Introduction of ShopRite
- *Introduction of Retail Dietitian and her position
- *Introduction of food groups using "Choose MyPlate" (www.choosemyplate.gov)

- Objectives:

- *Students should be able to describe what ShopRite is and what a retail dietitian does in the grocery store.
- *Be able to identify the 5 food groups from MyPlate
- *Be able to identify 3 foods in each of the 5 food groups

2. Week Two – Proposed date (November)

- *Students visit the Store– 2401 Route 22 West Union, NJ 07083
- *Tasting Tour through ShopRite of Union

-Objectives:

- *Be able to identify which food groups are found in which departments of the grocery store
- *Taste and describe 5 different foods in the grocery store

3. Week Three – Proposed date (January)

- *Dietitian visits Burnett Middle School
- *Introduction to Food Safety Principles

-Objectives:

- *Be able to identify the four pillars of food safety.
- *Introduction to Basic Cooking Skills

-Objectives:

- *Be able to identify components of a recipe.
- *Be able to accurately measure ingredients in both dry and liquid measuring cups and spoons.
- *Be able to follow the steps of a recipe.

4. Week Four – Proposed date (March)

- *Students visit the Store - 2401 Route 22 West Union, NJ 07083
- *Introduction to food shopping

-Objectives:

- *Be able to compare unit pricing and select the better value.
- *Learn the process of food shopping:
 1. Getting the shopping cart
 2. Using your shopping list to map out a plan

3. Using food safety skills while shopping
4. Going through the check out process.

5. Week Five – Proposed date (May)

- *Students visit the Store -2401 Route 22 West Union, NJ 07083
- *Students are broken up into 4 groups and are given a \$50 budget (gift cards supplied by ShopRite of Union)
- *They are given 1 hour to shop for their supplies

5b. Week Five – Proposed date (day after the shopping trip in May)

- *Dietitian visits Burnett Middle School
- *Using the ingredients they've purchased the day before, the dietitian will assist the students in making recipes that they will then serve or sell to the staff that day.