ABOUT US
As a participant in the National School Lunch Program and Community Eligibility Program we make breakfast and lunch available daily at no charge.
We continue to be committed to participating in the health and well-being of our students by offering healthy snacks and nutritionally balanced meals.

WHEN SCHOOL’S OUT, POWER UP FOR SUMMER FUN!
SUMMER MEALS ARE FREE. Healthy meals for kids and teens are served at favorite summertime places when the school year is over. If you are age 18 and under you can come when breakfast, lunch, and/or snacks are served with no signup or paperwork required. Parents are welcome to bring their own meals and eat with their children. Many places that offer summer meals also have fun, enriching activities, too!

For summer meal locations, information and referrals for health and human services DIAL 2-1-1
Have a Safe and Happy Summer!
REMEMBER TO ENJOY THE GREAT OUTDOORS. Explore these websites to plan your next adventure:
https://orangetourism.org/themed-adventures/free-attractions
https://www.orangecountygov.com/DocumentCenter/View/4535
https://www.orangecountygov.com/150/6077/Parks-Recreation

DEAR FOOD FOR THOUGHT….
Dear Food For Thought Guy,
I’m going to a B-B-Q and I don’t want to bring “the usual”. What can I prepare that’s easy and different? - Susan

Dear Susan,
My new fan favorite is Caprese Salad — it’s fresh and lush and the presentation is lovely! You can find a number of recipes online to choose from. Enjoy! - FFT Guy

If you have any new ideas, recipes, or questions, we would be glad to hear from you. Enjoy this issue and share your ideas at FOODFORTHOUGHT@OUBOCES.ORG.
Window Sill Herb Garden

Choose your Herbs:
Some good choices for a window sill garden are basil, cilantro, dill, oregano, rosemary, sage and thyme. You can purchase the seeds in almost any store this time of year.

Choose your container:
Use individual pots for each herb. Be sure containers have drainage holes and water proof saucers.

Plant the herbs:
If starting seeds, fill container with potting mix. Use a commercial seed-starting mix or potting soil, or a 50:50 combination of the two. Avoid using garden soil, which tends to be heavy and may contain disease organisms. Sow seeds, checking the seed packet to determine planting depth. Learn what conditions each herb prefers; for example, basil prefers warmth, while sage and rosemary like cooler temperatures. Consider choosing compact or dwarf varieties to fit your space.

Provide proper care:
Place containers in a sunny, south-facing window. A south-facing window is adequate for most herbs, although supplemental fluorescent lights will help in winter. To prevent injury to foliage, don’t allow leaves to touch cold windows. Water your herbs to keep soil moist but not soggy, and drain saucers after watering. Fertilize every two weeks with a half-strength solution of an all-purpose fertilizer. Pinch back branching plants, such as basil, to keep them shrubby rather than leggy.