



# Hartford Public Schools FOOD SERVICE NEWS March 2005

## Food Service Department - Nourishing Hartford's Future

### Flu Proof Yourself

**The flu is a contagious respiratory illness caused by the influenza virus.**

**What are the Symptoms?**

The symptoms include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and gastrointestinal symptoms including nausea, vomiting and diarrhea.

**How does the Flu Spread?**

It is spread by tiny droplets produced from coughing and sneezing. The virus can live outside the body for several hours, so when a person touches an infected surface and then touches his/her mouth, eyes or nose, he or she may become sick

**Good Health Habits to Reduce your Risk for the Flu.**

1. Wash your hands often
2. Avoid close contact with people who are sick
3. Stay home when you are sick to prevent others from catching your illness.
4. Cover your mouth and nose with a clean tissue when you are coughing and sneezing— then throw the tissue away and wash your hands.
- If you do not have a tissue cough or sneeze into your upper sleeve.
5. Avoid touching your eyes, nose and mouth because that is where the germs enter the body.
6. Get plenty of sleep
7. Eat more fruits and vegetables
8. Reduce the stress in your life

### Award Winning Schools

As promised we were looking for the best. The winning schools were:

1. Sanitation and Cleanliness based on Health Inspection Scores: Hooker (100), Batchelder (100) and Kennelly (99)
2. Customer Service— SAND
3. Tray Line Presentation— Lewis Fox Middle School

4. The most attractive cafeteria— Michael Fox Elementary School

### Award Winning Staff

Congratulations to the following employees for going above and beyond for the children of Hartford Public Schools; Joanna Colaiacovo, Iris Diaz, Ruby Long, Gisele Mims, Antonia Ortiz and Fannie Rich.

### Breakfast News

**Help us celebrate Dr. Seuss Birthday**

Encourage students to have breakfast at school on March 2. Students will have a chance to win a Dr. Seuss book!!!

Hot Breakfast is served every Wednesday in all Hartford Schools

Thank you for your extra effort. Breakfast participation has increased!!!

### Employee of the Month February 2005



Alma Sturges—Food Service Worker at Hartford Public High School

