

VERNON PUBLIC SCHOOLS



Office of the Superintendent
30 Park Street • P.O. Box 600
Vernon, CT 06066-0600
Fax (860) 870-6005

Website: www.vernonpublicschools.org

Joseph Macary, Ed.D.
Superintendent of Schools
(860) 870-6000 ext. 4660

Robert Testa
Assistant Superintendent of Schools
(860) 870-6000 ext. 4676

For Immediate Release
October 31, 2022

Press Contact:
David Owens, Communications Specialist
Desk (860) 870-3574
Cell (860) 494-5973

Vernon Public Schools Use ‘Trunk or Treat’ to Remind Families to Apply for Free and Reduced-Price Meals

Families Receive Apples or Delicata Squash Rather Than Candy

VERNON, Connecticut – Halloween is about tricks and treats, usually in the form of candy. But the Vernon Public Schools Food & Nutrition Services department used the Town’s recent Trunk or Treat event to remind families of the benefits of locally-grown, healthy foods.



Elizabeth Fisher, Director of Food and Nutrition Services for the Vernon Public Schools (wearing the carrot costume) and Tiffany Garrett (dressed as peas in a pod) and Tiffany’s children pose at the recent Trunk or Treat event in Vernon.

Families could receive apples or a delicata squash, as well as a recipe card with instructions on how to prepare the squash to bring out its sweet, nutty flavor.

“We got some funny looks for handing out squash, but then we explained that delicata squash is delicious, healthy and easy to prepare,” said Elizabeth Fisher, the Director of Food & Nutrition. “We strive every day to serve Vernon children delicious and healthy meals at school. It only makes sense to also give parents and guardians ideas about how to add more healthy options to their meals at home.”

The Vernon Public Schools, in partnership with family and community, is committed to provide a quality education, with high expectations, in a safe environment where all students become independent learners and productive contributors to society.

Fisher and her team also used Trunk or Treat to remind families that FREE breakfast and lunch are available to all Vernon Public Schools students through Dec. 31, 2022 because the district opted in to the School Meals Assistance Revenue for Transition (SMART) program. Those free meals end Dec. 31 and unless families act immediately, they may lose access to free and reduced-price meal options.

It is essential that families with students who may be eligible for free and reduced price lunches apply as soon as possible so that their children, if they qualify, can continue to receive free or reduced-price lunches. Families that do not apply will revert to FULL PAY when the SMART funds expire on Dec. 31.



To apply, please visit this link:

<https://www.vernonpublicschools.org/free-and-reduced-meals>.

Families whose children attend Maple Street School, Northeast School and Skinner Road School do not need to apply because those schools are covered by another meal program and will receive free meals for the remainder of the school year. If those families have students at another school, though, they need to apply for those students.

Families that have received a Notice of Direct Certification for Free or Reduced-Price Meals from the Food and Nutrition Services Department for this school year do not need to fill out an application.

Questions regarding meal applications and eligibility can be directed to Elizabeth Fisher, the Director of Food & Nutrition, at efisher@vernon-ct.gov.

The squash came Cloverleigh Farm in Columbia. The Vernon Public Schools regularly purchase fresh, local produce for

Vernon school children. Fresh produce is also grown by Rockville High School Agriculture Science and Technology Education students for the RHS cafeteria.

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