

Chester School District
Employee Wellness Program
2017-2018

Employee Wellness Newsletters

CHESTER BOARD OF EDUCATION

EMPLOYEE WELLNESS

Employee Wellness Newsletter | Mariah Hantis, Employee Wellness Coordinator

Vol. 2 Issue 1 — September 2017

Welcome Back!!

"The greatest wealth is health" - Virgil

Welcome back to the start of an exciting new school year! We are excited to kick off our Employee Wellness Plan this year with updates on what you can expect and new ways in which you can earn points for you and your school.

Like last year, there will be a prize for the individual in the district with the most points, as well a prize for everyone in the school for the school that ends the year with the most points. Start joining the fun early to make it the best experience yet!

An Apple A Day...:

- Apples will be provided for staff members in the Teacher's Room at each school on Monday, September 18th. Enjoy an apple and continue to make healthy choices!

Employee Wellness Center:

- We are currently in the process of constructing an Employee Wellness Center at BRMS for all staff members to use. If you have any workout equipment at home that you are not using and would like to donate, please send us a picture and we can see if it will work well for our space! **Donations will earn you and your school wellness 5 wellness points each.**

Sustainable Jersey for Schools:

- We were awarded the Bronze Level Certification for Sustainable Jersey for Schools last year! We want to keep the momentum going and try for GOLD this year!! Please visit [Sustainable Jersey For Schools](#) to see all of the available Actions for this year. You may already be working on projects in your classroom that can get us points. **Action item submissions are worth 15 points for yourself and 2 wellness points for your school!**

Meal Plans:

- A new school year brings on new goals and new challenges. Our first Employee Wellness Challenge is to create a Meal Plan. Plan out a week worth of meals for any week in September (breakfast, lunch, and dinner) and send your plan to Mariah Hantis. **This challenge is worth 25 wellness points for yourself and 2 wellness points for your school!**

Ways You Can Always Earn Points:

- **10% Discount at Deans Natural Food Market.** Dean's Natural Food Market will give all Chester BOE employees 10% off of their order. All you need to do is sign up for their free loyalty program and your discount will automatically be added to your account. Bring this flyer with you (or show it on your phone) the first time you go to use the discount. **Send me a copy of your receipt showing the use of the 10% discount and you will earn 5 points in your point bank and 1 point for your schools' point bank. There is no maximum amount of points per month.**
- **Online Employee Recipe Book.** [Click here](#) to upload recipes to our online employee recipe book. This is a great resource for staff to use when looking for healthy meals. Many of you have great recipes of your own and others can benefit off of your expertise! **You will earn 5 points in your point bank and 1 point for your schools' point bank. A maximum of 15 points per employee and 3 points per school can be earned per month.**
- **Horizon bFit Gym Membership Reimbursement Program.** If you are enrolled in Chester's Horizon plan go to <https://members.horizonbfit.com/horizonbfitmobile> to learn more about getting reimbursement of your gym membership fees. **Send me a confirmation of your reimbursement through this program and you will earn 25 wellness points for yourself and 2 wellness points for your school.**

CHESTER BOARD OF EDUCATION

EMPLOYEE WELLNESS

Employee Wellness Newsletter | Mariah Hantis, Employee Wellness Coordinator

Vol. 2 Issue 2 — October 2017

Happy Fall!!

"The greatest wealth is health" - Virgil

The season has changed and another crisp, fall season is here. The Fall brings on beautiful colors, wonderful weather, and tons of exciting flavors - like apple and pumpkin! The Fall also brings us holidays that we all share excitement in celebrating. Check out our October news and enjoy this festive season!

Veggie Day:

- Winter Squashes will be provided for staff members in the Teacher's Room at each school on Monday, October 16th (compliments of Stony Hill Farms). Grab a vegetable and make something healthy!

Demo - Healthy Choices During the Holidays:

- Please join us for a wellness event hosted by Brittany Peterson, MS, RDN, in-store Registered Dietitian at ShopRite of Chester. Ms. Peterson will demonstrate how to prepare two healthier holiday treats that you can make for your family and friends: butternut squash bruschetta and ginger-molasses cookies! While you're enjoying samples, we'll discuss how to stay healthy during the holiday season!

[BRMS Sign Up Sheet - 2:30pm](#)

[Bragg/Dickerson Sign Up Sheet - 3:30pm](#)

Employee Fitness Center:

- We are currently in the process of constructing an Employee Wellness Center at BRMS for all staff members to use. Please remember to complete the [Release and Hold Harmless Agreement](#) if you plan on using the Employee Fitness Center.

Sustainable Jersey for Schools:

- We were awarded the Bronze Level Certification for Sustainable Jersey for Schools last year! We want to keep the momentum going and try for GOLD this year!! Please visit [Sustainable Jersey For Schools](#) to see all of the available Actions for this year. You may already be working on projects in your classroom that can get us points. **Action Item submissions are worth 15 points for yourself and 2 wellness points for your school!**

Ways You Can Always Earn Points:

- **10% Discount at Deans Natural Food Market.** Dean's Natural Food Market will give all Chester BOE employees 10% off of their order. All you need to do is sign up for their free loyalty program and your discount will automatically be added to your account. Bring this flyer with you (or show it on your phone) the first time you go to use the discount. **Send me a copy of your receipt showing the use of the 10% discount and you will earn 5 points in your point bank and 1 point for your schools' point bank. There is no maximum amount of points per month.**
- **Online Employee Recipe Book.** [Click here](#) to upload recipes to our online employee recipe book. This is a great resource for staff to use when looking for healthy meals. Many of you have great recipes of your own and others can benefit off of your expertise! **You will earn 5 points in your point bank and 1 point for your schools' point bank. A maximum of 15 points per employee and 3 points per school can be earned per month.**
- **Horizon bFit Gym Membership Reimbursement Program.** If you are enrolled in Chester's Horizon plan go to <https://members.horizonbfit.com/horizonbfitmobile> to learn more about getting reimbursement of your gym membership fees. **Send me a confirmation of your reimbursement through this program and you will earn 25 wellness points for yourself and 2 wellness points for your school.**

Healthy Lifestyle Presentation Sign-Ups



REMINDER SIGN UP TODAY "Healthy Choices During the Holiday Season"

1 message

Mariah Hantis

Fri, Nov 3, 2017 at 2:52 PM

To: "staff@chester-nj.org" <allmail@chester-nj.org>

Good Afternoon,

Please join us for a wellness event hosted by Brittany Peterson, MS, RDN, in-store Registered Dietitian at ShopRite of Chester.

Ms. Peterson will demonstrate how to prepare two healthier holiday treats that you can make for your family and friends: **butternut squash bruschetta and ginger-molasses cookies!** While you're enjoying samples, we'll discuss how to stay healthy during the holiday season!

When: Wednesday, November 15, 2017

**Where: BRMS Cafeteria @ 2:30pm
Bragg Cafeteria @ 3:30pm**

To give Ms. Peterson a good estimate of the necessary supplies and food to bring, please sign up now and mark your calendars for this exciting event!

[BRMS Sign Up Sheet - 2:30pm](#)

[Bragg/Dickerson Sign Up Sheet - 3:30pm](#)

This will be a great event for everyone to enjoy!

Mariah Hantis

Payroll/Benefits

Chester Board of Education

How to Stay Healthy During the Holidays - BRMS Wednesday November 15, 2017 Media Center - 2:30 PM

Name (First and Last)
Ginger Miller-Jones
Tricia Pohan
Susan Beringer
Janet Aaronson
Taryn Mansolino
Suzanne Armbruster
Laura Garrison
Michele Connahan
Jeanette Krone
Stephanie Schultz

How to Stay Healthy During the Holidays - Bragg
Wednesday November 15, 2017
Media Center - 3:30 PM

Name (First and Last)
Eileen Bennett
Melissa Fair
Tara Bagnole
Kelli Dolan
Sharon Ruiz
Samantha Parlow
Sue Andersen
Michele Stanton
Kathie Colonna
Mary Diviney
Joann Moretti
Sophia Beaudin
Dana Militante (**I will have to leave around 4:10.)
Melissa Bene (Leaving around 4:15 as well)

Staff Online Cook-Book



Chester BOE Employee Wellness Program

HOME
WELLNESS NEWS
HOW TO EARN POINTS
EMPLOYEE RECIPE BOOK

Home >

Employee Recipe Book

Please add your recipes by clicking on "Add File" if you have a recipe in a pdf or word document or "Add Link" if you have a recipe that is directly from a website.

Each recipe added is worth 5 individual points and 1 school point.

Each employee will only receive points for up to 3 recipes per month (a total of 15 points per employee per month for this activity)































Each school will only receive points for up to 3 recipes per employee per month (a total of 3 points per employee per month for this activity)

















For Example: Mariah Hantis submits 3 recipes in March. Mariah will get 15 points in March for this activity and the Board Office will get 3 points for this activity. Mariah can add more recipes in March if she'd like; however this is the maximum amount of points she can get for adding recipes in the month of March. April is a new month and Mariah can start submitting her recipes again for more points.

[+ Add file](#) [+ Add link](#) [Add from Drive](#) [Move to ▾](#) [Delete](#) [Subscribe to changes](#)

<input type="checkbox"/>	Atlantic Beach Pie View	Atlantic Beach Pie			Sep 2, 2017, 11:32 PM	Suzanne Armbruster
<input type="checkbox"/>	Baked Flounder Florentine With Mustard-Oil Sauce.pdf View Download	Recipe by Donna Price	10k	v. 1	Apr 25, 2017, 2:57 PM	Mariah Hantis

View	Download					
<input type="checkbox"/>	BLT Salad.pdf View Download	Recipe by Donna Price	7k	v. 1	May 31, 2017, 9:58 AM	Donna Price
<input type="checkbox"/>	Braised Balsamic Chicken View	Recipe by Sean McQueeney			Apr 17, 2017, 7:59 PM	Sean McQueeney
<input type="checkbox"/>	Breaded Baked Pork Chops.pdf View Download	Recipe by Sharon Ruiz	7k	v. 1	Apr 27, 2017, 11:05 AM	Sharon Ruiz
<input type="checkbox"/>	Breakfast BLT Salad View	Recipe by Sue Andersen			Apr 25, 2017, 2:19 PM	Mariah Hantis
<input type="checkbox"/>	Buffalo Chicken Meatballs.docx View Download	Recipe by Sue Andersen	93k	v. 1	Mar 7, 2017, 4:38 PM	Mariah Hantis
<input type="checkbox"/>	Butterscotch Brownies.docx View Download	Recipe by Ginger Miller-Jones	13k	v. 1	May 19, 2017, 1:44 PM	Mariah Hantis
<input type="checkbox"/>	Chicken Chili Soup.pdf View Download	Recipe by Donna Price	9k	v. 1	Mar 6, 2017, 3:48 PM	Mariah Hantis
<input type="checkbox"/>	Chicken Pot Pie Soup.docx View Download	Recipe by Ginger Miller-Jones	14k	v. 1	Apr 3, 2017, 9:36 AM	Mariah Hantis
<input type="checkbox"/>	Chicken Soup View	Recipe by Jen Christal			Mar 7, 2017, 12:27 PM	Jennifer Christal
<input type="checkbox"/>	Chicken with Apples and Fennel View				Sep 2, 2017, 11:20 PM	Suzanne Armbruster
<input type="checkbox"/>	Chicken with Apples and Fennel.docx View Download		5k	v. 1	Sep 2, 2017, 11:38 PM	Suzanne Armbruster
<input type="checkbox"/>	Chicken with rice and beans.pdf View Download	Recipe by Donna Price	7k	v. 1	Apr 25, 2017, 2:57 PM	Mariah Hantis
<input type="checkbox"/>	Crunchy Broccoli Salad View	Crunchy Broccoli Salad			Sep 2, 2017, 11:30 PM	Suzanne Armbruster
<input type="checkbox"/>	Crusty Mac and Cheese View	recipe by Debbie Foster			Mar 7, 2017, 10:59 AM	Deborah Foster
<input type="checkbox"/>	damn delicious zucchini pizza bites View	damn delicious zicchini pizza bites			Sep 3, 2017, 11:52 PM	Suzanne Armbruster
<input type="checkbox"/>	Easy- Oven baked mustard-maple Salmon View	Recipe by Debbie Foster			Mar 7, 2017, 11:02 AM	Deborah Foster

<input type="checkbox"/>	 Egg Cups.docx View Download		13k	v. 1	Sep 7, 2017, 3:00 PM	Christa Bedkowski
<input type="checkbox"/>	 Egg Roll in a Bowl.pdf View Download	Recipe by Donna Price	25k	v. 1	May 31, 2017, 9:48 AM	Donna Price
<input type="checkbox"/>	 Fettucine Almost Alfredo.pdf View Download	Recipe by Donna Price	7k	v. 1	Apr 25, 2017, 2:57 PM	Mariah Hantis
<input type="checkbox"/>	 Gluten.docx View Download	Recipe by Ginger Miller-Jones	12k	v. 1	May 17, 2017, 7:25 AM	Mariah Hantis
<input type="checkbox"/>	 Grainfree Cauliflower Tabouli (GF, Paleo, Anti-Inflam, Veg) View	From Robin Matelsky			Oct 14, 2017, 9:02 AM	Robin Matelsky
<input type="checkbox"/>	 Guacamole View				Nov 4, 2017, 8:12 AM	Jennifer Christal
<input type="checkbox"/>	 Homemade Granola.docx View Download	Recipe by Ginger Miller-Jones	13k	v. 1	Apr 3, 2017, 9:36 AM	Mariah Hantis
<input type="checkbox"/>	 Hot Crab Dip View	Recipe by Sara Kozlowski			Mar 6, 2017, 3:48 PM	Mariah Hantis
<input type="checkbox"/>	 https://www.thegraciouspantry.com/clean-eating-vegetable-basil-macaroni-salad/ View	Recipe by Melissa Bene			May 1, 2017, 11:55 AM	Mariah Hantis
<input type="checkbox"/>	 http://www.serious-eats.com/recipes/2012/09/diy-homemade-greek-yogurt-recipe.html View	Recipe by Melissa Bene			May 1, 2017, 11:55 AM	Mariah Hantis
<input type="checkbox"/>	 Ina Garten Roasted Eggplant Dip View	Recipe by Debbie Foster			Mar 7, 2017, 10:58 AM	Deborah Foster
<input type="checkbox"/>	 Kale and apple salad.doc View Download	Recipe by Janet Aaronson	26k	v. 1	Mar 7, 2017, 4:36 PM	Mariah Hantis
<input type="checkbox"/>	 Kale Chips View				Nov 4, 2017, 8:09 AM	Jennifer Christal
<input type="checkbox"/>	 Lemon Lime Chicken.pdf View Download	Recipe by Sharon Ruiz	44k	v. 1	Apr 27, 2017, 11:05 AM	Sharon Ruiz
<input type="checkbox"/>	 One Pan Honey Mustard Chicken and Potatoes View	Recipe by Sean McQueeney			Apr 24, 2017, 8:12 PM	Sean McQueeney
<input type="checkbox"/>	 Paleo Coleslaw View	Recipe by Jen Christal			Mar 7, 2017, 12:24 PM	Jennifer Christal
<input type="checkbox"/>	 Paleo Stuffed Zucchini View	Recipe by Jen Christal			Mar 7, 2017, 12:31 PM	Jennifer Christal
<input type="checkbox"/>	 Persian Chicken Soup with Dumplings of Chickpeas and Chicken (Gondli), GF, Paleo, Anti-Inflam, Veg Option View	from Robin Matelsky			Oct 14, 2017, 8:53 AM	Robin Matelsky
<input type="checkbox"/>	 Pizza Zucchini Bites View	Pizza Zucchini Bites			Sep 2, 2017, 11:35 PM	Suzanne Armbruster
<input type="checkbox"/>	 Pizza Zucchini Bites View				Sep 2, 2017, 11:22 PM	Suzanne Armbruster
<input type="checkbox"/>	 Pizza Zucchini Bites.docx View Download		5k	v. 1	Sep 2, 2017, 11:40 PM	Suzanne Armbruster
<input type="checkbox"/>	 Pork Chops in Cream Sauce1.docx View Download	Recipe by Ginger Miller-Jones	14k	v. 1	May 19, 2017, 1:44 PM	Mariah Hantis
<input type="checkbox"/>	 Pork Chops in Cream Sauce.docx View Download	Recipe by Ginger Miller-Jones	14k	v. 1	Apr 3, 2017, 9:36 AM	Mariah Hantis
<input type="checkbox"/>	 Roasted/Grilled Veggies View	by Robin Matelsky			Oct 14, 2017, 8:53 AM	Robin Matelsky
<input type="checkbox"/>	 Sausage Kidney Bean Chowder.docx View Download	Recipe by Ginger Miller- Jones	11k	v. 1	Apr 28, 2017, 12:47 PM	Mariah Hantis
<input type="checkbox"/>	 Sausage Stuffed Mushrooms View	Recipe by Sharon Ruiz			Apr 25, 2017, 12:26 PM	Sharon Ruiz
<input type="checkbox"/>	 Spicy Shrimp and Fennel View				Sep 2, 2017, 11:20 PM	Suzanne Armbruster
<input type="checkbox"/>	 Spicy Shrimp and Fennel.docx View Download		5k	v. 1	Sep 2, 2017, 11:37 PM	Suzanne Armbruster
<input type="checkbox"/>	 Strawberry Oatmeal Breakfast Smoothie View	Recipe by Melissa Bene			Mar 6, 2017, 3:53 PM	Mariah Hantis
<input type="checkbox"/>	 Stuffed Acorn Squash View	Recipe by Sara Kozlowski			Mar 6, 2017, 3:48 PM	Mariah Hantis

<input type="checkbox"/>	 Sweet Potato Hash View				Nov 4, 2017, 8:08 AM	Jennifer Christal
<input type="checkbox"/>	 Texas Caviar.docx View Download	Recipe by Ginger Miller-Jones	11k	v. 1	Apr 28, 2017, 12:47 PM	Mariah Hantis
<input type="checkbox"/>	 Turkey Zucchini Lasagna View	Recipe by Suzanne Armbruster			Mar 6, 2017, 3:50 PM	Mariah Hantis
<input type="checkbox"/>	 Untitled document View				Sep 3, 2017, 11:53 PM	Suzanne Armbruster
<input type="checkbox"/>	 Zucchini Pizza Bites View	Zucchini Pizza Bites			Sep 2, 2017, 11:34 PM	Suzanne Armbruster
▼  Recipes (Remove)						
<input type="checkbox"/>	 Avacado Mac and Cheese View	Recipe by Melissa Bene			Mar 6, 2017, 10:29 PM	Kathleen Werner
<input type="checkbox"/>	 Caprese Stuffed Chicken Foil Packets View	Caprese Stuffed Chicken Foil Packets			Mar 6, 2017, 10:29 PM	Kathleen Werner
<input type="checkbox"/>	 Chicken Sausage, Quinoa, Cauliflower, Tomato Casserole View	Easy to prep, bake, and serve! Recipe by Melissa Bene			Mar 6, 2017, 10:29 PM	Kathleen Werner
<input type="checkbox"/>	 Foil Chicken Fajita Dinner View	Recipe by Suzanne Armbruster			Mar 6, 2017, 10:29 PM	Kathleen Werner
<input type="checkbox"/>	 Slow Cooker Chicken Taco Filling.pdf View Download	Recipe by Laura Garrison	94k	v. 3	Mar 6, 2017, 10:29 PM	Kathleen Werner
▼  Recipes!! (Remove)						
<input type="checkbox"/>	 Crab Stuffed Flounder.docx View Download	Recipe by Sara Kozlowski	13k	v. 2	Mar 6, 2017, 3:48 PM	Mariah Hantis
<input type="checkbox"/>	 Quiche Cupcakes.pdf View Download	Recipe by Laura Garrison	75k	v. 5	Mar 6, 2017, 3:51 PM	Mariah Hantis
<input type="checkbox"/>	 Slow Cooker Sweet and Spicy Chicken.pdf View Download	Recipe by Laura Garrison	77k	v. 5	Mar 6, 2017, 1:35 PM	Suzanne Sklar
<input type="checkbox"/>	 Spinach Salad with Craisins.docx View Download	Recipe by Suzanne Armbruster	15k	v. 2	Mar 6, 2017, 3:46 PM	Mariah Hantis

Healthy Teacher's Room Treats



Nicole Stanton <nicole.stanton@chester-nj.org>

Monday Is Free Vegetable Day! Squashes in the Teacher's Lounge!

1 message

Mariah Hantis <mariah.hantis@chester-nj.org>
To: "staff@chester-nj.org" <allmail@chester-nj.org>

Fri, Oct 13, 2017 at 2:43 PM

Good Afternoon Everyone,

I will be dropping off boxes of winter squashes to each schools' teacher's lounge on Monday morning (10/16). We wanted to make a healthy choice available to our staff as part of our Employee Wellness Program.

There will be butternut, spaghetti, acorn, and delicata squash. They are all compliments of Stony Hill Farms.

Enjoy!!

Mariah Hantis
Payroll/Benefits
Chester Board of Education
50 North Road
Building 4
Chester, NJ 07930
(p) 908-879-7373 ext. 7310
(e) mariah.hantis@chester-nj.org



Nicole Stanton <nicole.stanton@chester-nj.org>

Free Fruit Day! Apples in the Teacher's Lounge

3 messages

Mariah Hantis <mariah.hantis@chester-nj.org>
To: "staff@chester-nj.org" <allmail@chester-nj.org>

Mon, Sep 18, 2017 at 6:27 AM

Good Morning Everyone,

I will be dropping off a basket of apples to each schools' teacher's lounge this morning. We wanted to make a healthy choice available to our staff as part of our Employee Wellness Program.

Apples are compliments of Riamede Farms. The baskets are mine so I will be around at the end of the day to collect those :)

Enjoy your apples!!

--
Mariah Hantis
Payroll/Benefits
Chester Board of Education
50 North Road
Building 4
Chester, NJ 07930
(p) 908-879-7373 ext. 7310
(e) mariah.hantis@chester-nj.org

Fruit salad BRMS x



Amal Azzara <amal.azzara@chester-nj.org>
to brms

May 29



Good morning everyone!

There's fresh fruit salad in the teachers lounge for anybody who would like some. Please help yourselves!

Summer Program

Chester School District Employees are once again invited and encouraged to participate in local CSA (Crop Share Agreement) Programs over the summer. These programs are run through Stony Hill Farms, located in Chester, NJ.

Below is the information for Summer 2017:



Nicole Stanton <nicole.stanton@chester-nj.org>

Are you interested in a CSA ? Chester BOE Employee Wellness

1 message

Mariah Hantia <mariah.hantia@chester-nj.org>
To: "staff@chester-nj.org" <staff@chester-nj.org>

Thu, Mar 2, 2017 at 9:35 AM

Hi Everyone,

The Chester BOE is working hard to roll out a new employee wellness program. I will be sending more information on our new program shortly. The goal of this program is to introduce ways in which we can all live a healthier lifestyle. Our first goal was to coordinate a Community Share Agreement (CSA) with a local farm. Stony Hill Farms responded to us and was willing to work with us on introducing their CSA to our district as part of our new employee wellness program.

I would like to know if anyone is interested in signing up for a CSA. Please read the information below and let me know if you have any interest in signing up for a CSA by replying to this email. I will need a general idea of the amount of people interested by Wednesday, March 15th. I will contact you individually to proceed with the registration process.

If you have any questions about the CSA please contact me directly.

FAQ's

What will I get?

CSA members will receive boxes of fresh produce each week throughout the growing season from Stony Hill Farm Market. The following are examples of what members may expect to find in their boxes (depending on what is in season at the time): Lettuce, carrots, peaches, kale, broccoli, radishes, leeks, summer squash, cucumbers, beets, celery, strawberries, blueberries, herbs, cauliflower, onions, potatoes, garlic, apples, scallions, peppers, tomatoes, sweet corn etc.

Will I get the same items every week?

No, you will not get the same items every week. Items will vary from week to week and month to month. We pick all of our fruits and vegetables at the peak of their season to ensure maximum ripeness and nutrient content. Weather patterns may also affect the development of certain crops altering the size of the fruit or vegetables.

Information on the CSA:

- Weekly shares are dropped off on Tuesdays at the BOE between June 13th thru November 21st.

- Personal Share Option \$20/Week for the 24 Week Season cost would be \$480.00*

Picture of personal share quantity: <http://stonyhillfarms.com/market/csa-personal-shares/>

https://mail.google.com/mail/u/0/?ui=2&ik=402ee4ed22&ui=K7XOBjF10M.en.&ct=mail_fe_180617_14_p4&view=pt&pr=CSA&pr=true&search=ps... 1/2

8/21/2018

Chester School District Mail - Are you interested in a CSA ? Chester BOE Employee Wellness

- Half Share Option \$23/Week for the 24 Week Season cost would be \$552.00.

Pictures of half share quantities: <http://stonyhillfarms.com/market/csa-half-shares/>

- Full Share Option \$36/Week for the 24 Week Season cost would be \$864.00.

Pictures of full share quantities: <http://stonyhillfarms.com/market/csa-full-shares/>

The benefits of Stony Hill Farms CSA Farm Share:

- 2017 Membership Card which gives 10% discount on all purchases at any Stony Hill location.
- Coupon booklet value at \$200 worth of savings
- Weekly recipe ideas
- Get weekly fresh local fruits and vegetables
- Get to know and support local family farm
- Experience new fruits and vegetables



Nicole Stanton <nicole.stanton@chester-nj.org>

Fwd: Csa Information

1 message

Mariah Hantis <mariah.hantis@chester-nj.org>
To: "staff@chester-nj.org" <staff@chester-nj.org>

Wed, Mar 22, 2017 at 12:00 PM

Hi Everyone,

Please see the below information regarding the CSA program that the Chester BOE is doing with Stony Hill Farms. **There will be a contest for those who sign up between March 24th and April 7th.** Please contact me to sign up. I have the names of the people who have previously indicated that they are interested and will reach out to you shortly!

Also - anyone who enrolls in the CSA will earn points for themselves and their school as part of the Employee Wellness Program. 50 points will be added to your individual point bank and 2 points will be added to your school's point bank for those who sign up.

Please let me know if you have any questions. Thank you!
Mariah

----- Forwarded message -----
From: **Stony Hill CSA** <stonyhilcsa@gmail.com>
Date: Tue, Mar 21, 2017 at 8:27 PM
Subject: Csa Information
To: Mariah Hantis <Mariah.Hantis@chester-nj.org>

We have 3 share size options to offer

Personal Share Option \$20/ Week for the 24 Week Season cost would be \$480.00

Half Share Option \$23/ Week for the 24 Week Season cost would be \$552.00

Full Share Option \$36/ Week for the 24 Week Season cost would be \$864.00

The share costs for the Chester Board of Education as listed above will be locked in at this set price for the rest of the 2017 enrollment. However, the **"personal share option is limited and we are only accepting sign-ups for this share size until April 30, 2017."**

We will be holding a raffle for the Chester Board Of Education, One winner will receive a \$25.00 Gift Card. The drawing will be held on April 8th.

To be enrolled in the raffle you must purchase a CSA Farm Share between March 24th to April 7th.

The benefits of Stony Hill Farms CSA Farm Share are

https://mail.google.com/mail/u/2/?ui=2&ik=402ee4ed2&over=K7XXBjF19M&as.&ch=gmail_fe_180617.14_p4&view=pt&q=CSA&g=true&search=qs... 1/2

6/21/2018

Chester School District Mail - Fwd: Csa Information

2017 Membership Card which gives 10% discount on all purchases at any Stony Hill location.

Coupon booklet value at \$200 worth of savings

Weekly recipe ideas

Get weekly fresh local fruits and vegetables

Get to know and support local family farm

Experience new fruits and vegetables

In the Fall we have a 10 Acre Corn Maze and Fun Park, each membership will receive free passes to the maze.

Delivery Day for the Chester Board of Education will be **Tuesday's at 2pm.**

Attached is our brochure for the CSA Program

Fresh Produce



Following are examples of fruits and vegetables that you can expect during the growing season as a CSA member:

- Apples
- Asparagus
- Assorted Greens
- Basil/Herbs
- Beans
- Beets
- Blueberries
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Collards
- Cucumbers
- Eggplant
- Garlic
- Kale
- Leeks
- Lettuce
- Melons
- Onions
- Peaches
- Peppers
- Potatoes
- Radishes
- Scallions
- Strawberries
- Summer Squash
- Sweet Corn
- Sweet Potatoes
- Tomatoes
- Winter Squash
- Zucchini
- and much more

For growing schedule and pick-up locations visit our website:
www.StonyHillCSA.com

About Stony Hill



Stony Hill Gardens opened in 1988 with a focus that began in cut flower orchids. Since then, we have expanded to become a full-fledged destination for individuals, families, and groups.

Not only do we sell orchids and other plants at our Gardens location, but our Farm Market (opened in 2001) and Maze Fun Park boasts a 10-acre corn maze, other fun attractions, our own Jersey-fresh fruits and vegetables, pick-your-own options, baked goods, hayrides, a wide variety of seasonal plants, Christmas trees, and much more.

The CSA program started in 2012, with an offering of the freshest fruits and vegetables to our members.

All facets of the business are run by founders, Carol & Dale Davis, and the Davis family. We plan to keep the family tradition alive for many years to come.

LEARN MORE/CONTACT US:

www.StonyHillCSA.com

(908) 879-2908

StonyHillCSA@gmail.com

Follow us:    

STONY HILL FARMS CSA

CSA PROGRAM

Community Supported Agriculture

*Weekly Shares of
Jersey-Fresh Fruits + Vegetables
from our Family Farm*

Fresh Produce



Stony Hill CSA Program

CSA stands for **Community Supported Agriculture**. It is a relationship of a mutual commitment between farmers and members. In return for an annual fee, which helps cover production costs of the farm, CSA members pick up a weekly share of the highest quality produce at a designated location during the growing season from early June through mid-November.

What's Included

CSA members receive boxes of pre-packed, fresh produce each week throughout the growing season. Items will vary from week to week and month to month. We pick all fruits and vegetables fresh to ensure maximum nutrient content and ripeness. Weather patterns may also affect the development of certain crops - altering their size.

SHARE OPTIONS:

- Full Share
- Half Share
- Personal Share (Only available until April 30th)
- Cage Free Brown Eggs (Select locations only)

Visit StonyHillCSA.com for pricing, location details, and other information.

CSA Benefits

- Receive a 10% OFF discount card for all purchases at any Stony Hill Farms location
- Get fresh-picked fruits and veggies
- Experience new foods
- Experience more nutritious in-season fruits and vegetables
- Get to know and support your local family farm
- Visit our blog for weekly recipe ideas

Pick-Up Locations

Tuesdays:

Jersey City & Hoboken (Several locations)

Riverdale Farmers' Market (Riverdale, NJ)

Wednesdays:

Hamilton Park Farmers' Market (Jersey City)

New Providence Farmers' Market (Jersey City)

South Orange Farmers' Market (South Orange, NJ)

Thursdays:

Stony Hill Farm Market (Chester)

Grove Street Farmers' Market (Jersey City)

Uptown Hoboken Farmers' Market (Hoboken, NJ)

Saturdays:

Garden Street Farmers' Market (Hoboken)

Heil's Kitchen Farmers' Market (NYC)

Baillus Hook Farmers' Market (Jersey City)

Sundays:

Riverview Farmers' Market (Jersey City)



Sample share sizes: Personal, Half, and Full share

Corporate + Delivery

Are you looking to add to an existing wellness plan and/or promote healthy living among your employees?

Provide them with the opportunity to enjoy fresh, local produce delivered to your location weekly throughout the season!

What does your business have to do to qualify?

1. Get at least 25 people to join

At least 25 applications and memberships must be gathered and sent to Stony Hill Farms.

2. Appoint a "Captain"

This person is responsible for managing the pick-up of their group's shares. They need to be organized and available for at least 2 hours on a Tuesday or Thursday. In return for their efforts they will receive their share at 50% off!

3. Provide a pick-up location and time

Designate a secure, cool or shaded area for your employees to pick up their weekly shares of produce. (Examples: lobbies, cafeterias, break rooms, etc.)

How to Join

Shares can be purchased online at:

www.StonyHillCSA.com

Printable applications are also available online or can be picked up at the Stony Hill Farm Market.

PAYMENT - Payments can be made online, in person, over the phone with credit card, or can be mailed when paying by check. We accept: Visa, MasterCard, American Express, and Discover. A check for full payment should be made payable to Stony Hill Farms and mailed or brought to:

Stony Hill CSA
8 Route 24
Chester, NJ 07930