



September 2025 Nutrition Newsletter

Dear CSDB Students, Families, and Staff,

As we move into September, our students will begin to experience our kitchen's new signature marinara sauce, which will be featured in all of our red sauce dishes. This special recipe reflects a child nutrition technique known as "stealth health."

What is Stealth Health?

Stealth Health is a creative approach that incorporates nutritious ingredients—like fresh vegetables—into meals in ways that are flavorful and often unnoticed. In our marinara sauce, we blend a variety of raw vegetables such as carrots, onions, and celery, then slowly cook them to bring out their natural sweetness before blending them into a smooth, savory sauce. This not only enhances the flavor, but also boosts the vitamin, mineral, and fiber content of every bite!

Why it Matters

We know that building healthy eating habits early in life is important, and one way to support that is by increasing students' daily intake of vegetables—especially in ways that feel familiar and delicious. Our goal is to help students enjoy nutritious meals without feeling like they're "missing out" on the foods they love.

What's Next?

In the coming months, we'll continue to introduce new recipes and menu items that align with our commitment to health, taste, and student wellness.

Thank you for supporting healthy choices in our school community. We're excited for your students to try the new marinara and can't wait to hear what they think!

Thank you,

Tony Cardona
Nutrition Services Manager
Colorado School for the Deaf and the Blind