

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

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HEALTHY SNACKS AT SCHOOL

We've all heard the phrase "it takes a village to raise a child". Well, we at Nutrition Services know that it also takes a village to... feed a child right. Parents and relatives, school staff and Nutrition Services employees all play major roles in feeding children, role modeling healthy behavior and encouraging their good eating habits.

The Office of Complementary Learning has recently published information about healthy snacks to help remind the school community and parents about healthful options. Together we can change the school food environment for the better!

Any food or drink served at or brought to a school site for snacks, celebrations, events, rewards or fundraisers must meet the Food Guidelines of the OUSD School Wellness Policy. Healthy Options include:

- *Raw, chopped vegetables such as carrots, jicama, bell peppers, or cherry tomatoes*
- *Fresh fruit such as apples, bananas, berries, melon, pears, or grapes.*
- *Dried fruit such as raisins, apricots or 100% fruit leathers.*
- *Low-fat dairy foods such as low sugar yogurt or cheese sticks.*
- *100% whole wheat tortillas or pita bread.*
- *Whole grain crackers, such as Triscuits, or baked chips*
- *Water, 100% fruit juice, and non fat or 1% milk.*

The following popular unhealthy snacks should be avoided:

- *Candy*
- *Cookies, Doughnuts, Cake or Pan Dulce*
- *Chips, Cheetos, Doritos, or Nachos*
- *Soda, Fruit Drinks, Coffee Drinks or Sweetened Teas*

For more information about School Wellness, please contact Program Manager, Coordinated School Health, 510/639-3334.

NATIONAL SCHOOL BREAKFAST WEEK



MARCH 7-11, 2011

Don't forget to help Nutrition Services promote the most important meal of the day: Breakfast.

- Hang the *Top Ten Reasons to Eat Breakfast* poster in your cafeteria!
- Talk to students about special meals like Green Eggs & Ham on Dr. Seuss's birthday (Mar 2) and fun activities during National School Breakfast Week (Mar 7 - 11).
- Remind teachers, parents and students that school breakfast is free!
- Encourage students to enter the Book Cover contest!

Have something to say about the food served in our schools?

Join us at the next meeting
of the
Nutrition Advisory Council

March 4, 2011
2:30 - 4:00 p.m.
900 High St. Oakland

We want to hear from you!

Employee of the Month

Are you ready for our next Employee of the Month? You know we love to brag. The fifth employee to be selected Employee of the Month for the 2010-2011 school year is very simply “always there and always smiling”. She “sees what needs to be done and makes sure that it gets done right, the first time” while being “ready and willing to help her co-workers whenever they need it”. Well, who is this selfless OUSD super star?

Congratulations to our March Employee of the Month:

Yuet Lee
of Central Kitchen

We are so thankful to have Yuet on our team! She will receive recognition at the managers meetings, a certificate, and a gift card! Our small way of saying thanks for a job very well done!

Do you know someone who deserves to be Employee of the Month? Just fill out a nomination form, which can be found at the High Street Office, and either drop it in the nomination box right there, or fax it to 879-1779.

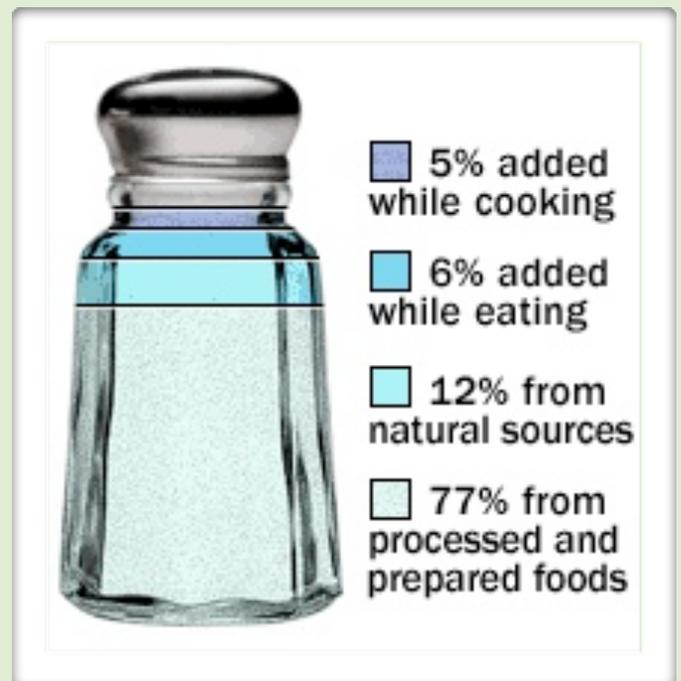
Shake the Sodium Habit!

Did you know that the average American consumes more than three times the amount of sodium that is recommended? And that high sodium diets are linked to high blood pressure and a higher risk for heart disease and stroke? Well, now's the time to be good to your heart and cut back on your sodium intake.

The latest recommendations call for adults to eat less than 1500 mg of sodium per day. That's less than one teaspoon!

Here's how you can shake the salt habit:

- Eat more whole foods such as fruits, vegetables and whole-grains.
- Eat fewer processed and packaged foods. These are typically high in sodium.
- Choose fresh, frozen or canned food items without added salts.
- Select unsalted nuts, dried beans, peas and lentils.
- When dining out, be specific about what you want and how you want it prepared.
- Learn to use spices and herbs to enhance the taste of your food.



Where is the salt in our diets coming from?

For more information, visit the American Heart Association at www.americanheart.org



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Community Schools, Thriving Students

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OUSD Nutrition Services continually strives to create a world class Nutrition Services program that is recognized in the state of California. We will provide nutritious meals to satisfied customers each and every day, period.

Our goals are threefold:

- 1) to become recognized as the leading school nutrition services provider in the Bay Area
- 2) to become the number one revenue generating Service Area for the District, and
- 3) to reach the 80th percentile in RATER.

Questions or comments about Food For Thought? Please email ericka.doolittle@consultant.ousd.k12.ca.us

SUGAR SNAP PEAS! (NO RECIPE NEEDED)



They're delicious just eaten raw, but here are a few other ways to enjoy them.

Stir-fried Heat a scant amount canola oil in a wok or frying pan over high heat. Add some minced garlic and cook 10 seconds, then add peas and cook until bright green and crisp-tender, 2 to 3 minutes. Drizzle with sesame oil and sprinkle with salt and toasted sesame seeds.

Dipped Blanch peas in boiling, salted water until just tender, then drain and chill. Serve peas with a low-fat dip or hummus as a simple hors d'oeuvre.

As a chopped salad Cut blanched sugar snap peas into ½-in. lengths and combine with blanched asparagus (cut into similar-size pieces) and halved cherry tomatoes. Dress with an herb vinaigrette and sprinkle a little shaved parmesan cheese on top.