

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

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**SCHOOL
BREAKFAST**
go for
GOLD

National School Breakfast Week March 5th - 9th, 2012

The theme for this year is “School Breakfast—Go for Gold!” and students in Oakland will do just that. During National School Breakfast Week, all of our students are invited to participate in a t-shirt design

contest. Regional winners will receive art kits, ipods and bikes, and one lucky winner will advance to the national contest to represent our district!

As a reminder, 95 of our schools sites offer free, delicious and healthful school breakfasts every day. In addition, some of our schools feature “breakfast in the classroom” while two high schools are now serving the popular “grab and go” breakfast which allows students to eat on the run or take breakfast into the classroom.

“School Breakfast - Go for Gold” also aligns with USDA’s HealthierUS School Challenge and the First Lady’s Let’s Move goals, both of which we at Nutrition Services strive to exceed. We’re proud to play a role in the “most important meal of the day” for our students.



Green Gloves in our schools!

Have you come up with a resourceful way to reduce waste or improve sorting and recycling in your kitchen and/or cafeteria?

Are students at your school wasting less food because you encouraged them to do so?

-  Maybe it’s how you mark your bins.
-  Maybe it’s how you monitor items ordered and adjust accordingly to meet the needs of your individual school.
-  Maybe you had a clever way to persuade staff to get involved?

Whatever it is that you’re doing to green your school, we want to hear from you!

Please share your ideas and successes with us so that we can all learn from your example. And if we write about your school in upcoming issues of Food For Thought, you’ll receive a \$10 Target gift card.

Just our way of saying thanks for being a part of the Green Gloves team! We look forward to hearing from you! Please call or email Nancy Deming with submissions at 510-290-4875 or nancy.deming@ousd.k12.ca.us.

Oakland Fresh!

Have you checked out an Oakland Fresh School Produce Market lately?

22 markets located at district schools sell fresh, mostly locally grown and pesticide-free fruits, vegetables, eggs, nuts, honey and other healthy foods.

Produce is purchased from local family farmers and produce distributors, and sold by parents and students during after-school hours every week. Find a market near you at: <http://tinyurl.com/OUUSDfood> and buy local produce in your neighborhood!



Employee of the Month

It's time to boast about another one of our amazing employees. The Employee of the Month for March "has a great attitude" and "did a fantastic job implementing grab and go breakfast" She also "willingly helps train others" and has "high participation rates". And last, but certainly not least, she is also described as "generally AWESOME"! Well, who is this wonderful Nutrition Services employee?

Congratulations to our March Employee of the Month:

Gwen Taylor
of Oakland Tech

We are so thankful to have Gwen 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.

Feasibility Study

Did you know...?

- Our Prescott central kitchen was designed to serve 8,000 meals a day, but it is currently preparing 20,000.
- Nutrition Services would like to serve more locally sourced foods and has developed a definition of "local," set purchasing goals, and identified local sources for several products.
- School garden programs rely on garden instructors who do not have teaching credentials, most of whom are not paid.

Such are some of the findings included in the feasibility study published last month.

During the 2010–2011 school year, a team of expert consultants commissioned by the Center for Ecoliteracy conducted a comprehensive review, in collaboration with Oakland Unified School District, of our program. The purpose of this study, entitled "Rethinking School Lunch" was to create a road map for comprehensive reform of school food in the District.

We're thrilled to invite you to read the executive summary on-line which includes additional findings of that effort and primary recommendations for 2011–2016. You can also read about our vision for the future which includes development of a 1.5-acre District Farm/Garden to be co-located with a new Central Commissary! Check it out online at <http://tinyurl.com/OUSDFood>, under "Current Events".



Whole Grains Workshop

Most of us know that any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. But did you know that the USDA now recommends that we should make at least “half of the grains we eat whole grains”? Just what is a whole grain and why does it matter if we eat them? More importantly, *how* do we eat them or incorporate them into our diets?

Well, some of our favorite managers and cooks set out to answer these questions when they attended a Whole Grains Workshop earlier this year. Hosted by

Basic American via the Chefs Move to Schools program, this workshop was offered to any staff with an interest in learning about and cooking with whole grains.

Ten employees took us up on the offer and spent a fun day learning about whole grains, trying their hands at four recipes and of course tasting the final products. One recipe, for homemade chili and cornbread was so popular that it will be featured on OUSD menus starting in April.

Participants learned that whole grains contain the entire grain kernel — the bran, germ, and endosperm. And that eating whole grains as part of a healthy diet can reduce risk of some chronic diseases. But perhaps most importantly, they discovered that cooking with whole grains is easy, fun and the results are delicious!





OAKLAND UNIFIED SCHOOL DISTRICT

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@ousd.k12.ca.us



GREEN BEAN & BLOOD ORANGE SALAD

Ingredients

Salt
2 pounds thin green beans
6 large blood oranges
1/4 cup plus 2 tablespoons
balsamic vinegar
1 tablespoon honey

Directions

1. Bring a large pot of salted water to a boil. Fill a large bowl with ice water.
2. Cook the beans in the boiling water until bright green and al dente, about 5 minutes. Drain and

immediately plunge the beans into the ice water. Drain again and pat dry.

3. Peel 4 of the oranges, removing all of the bitter white pith and place in bowl.
4. Zest one of the remaining oranges and juice both of them. Transfer the juice to a saucepan and add the vinegar and honey. Bring to a boil, then simmer over moderate heat until reduced to a syrup, 10 minutes. Season with salt.
5. Transfer the beans and orange sections to a platter and drizzle the syrup on top. Garnish with the orange zest and serve.
6. Enjoy!