

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

Volume 5, Issue 6

RECIPES
FOR **HEALTHY KIDS**



SKYLINE'S SPANISH CHICKPEA STEW IS A NATIONAL SEMI-FINALIST!

AND THEY NEED YOUR VOTE!

What do chickpeas, a group of Skyline High School students, an Oakland chef and nutritionist, and Michelle Obama have in common? If we are referring to Obama's Let's Move campaign's partnership with the USDA's Recipes for Healthy Kids Challenge, then how about that Skyline's Recipe Challenge team made the semifinals with their winning Spanish Chickpea Stew recipe?!

That's right. From over 340 healthy school lunch recipes submitted from across the nation, Skyline's Recipe Challenge team's recipe was one of only 15 chosen to advance to the semifinals. USDA judges will soon visit Skyline High School to judge the recipe as our Recipe Challenge Team vies for a chance to compete in a national cook-off alongside White House chefs in New Orleans!

In addition, the winning fifteen recipes are competing in a popular vote on the Recipes for Healthy Kids Website as well. (www.recipesforkidschallenge.com). Please take a moment to vote for Skyline's recipe and help them win the popular vote and \$1500 for school food service operations!

Vote here: <http://www.recipesforkidschallenge.com/submissions/598-spanish-chickpea-stew> Want to taste this recipe yourself? You can make Spanish Chickpea Stew at home; see the recipe on page three.

EARTH DAY MENU: APRIL 28TH

Although Mother's Day isn't until next month, we at Nutrition Services will be honoring Mother Earth in April. On Thursday, April 28th, we're celebrating Earth Day in a big way by serving almost 100% locally sourced and sustainably grown/raised food in our elementary schools.

This special Earth Day menu was developed in partnership with Cleveland Elementary School 5th Graders. We love working with students on food related projects and had worked with Cleveland students in the past on their incredible Food Miles project which documented the distance food can travel from farm to table.

This menu will feature Shepherd's Pie with Beef, a dish that was part of a recent staff cooking class. In addition, students will dine on Baby Spinach Salad with Free Range Chicken, Vegetarian Chili with Oakland baked Corn Bread and Baby Carrots and Strawberries grown right here in California. As always, the lunch menu will be rounded out by local, artificial rBST hormone-free milk.

Can you think of a better way to honor Mother Earth?



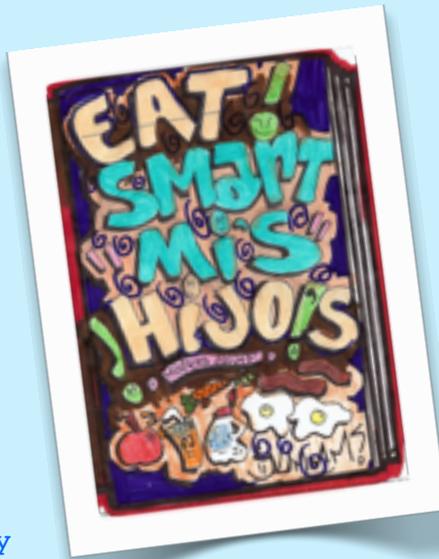
Department Highlights

National School Breakfast Week Contest

Last month, we partnered with Alameda County Public Health Department, Nutrition Services to promote National School Breakfast Week and celebrate the most important meal of the day. And celebrate we did! Cafeterias received new breakfast posters, parents were reminded that breakfast for their kids is free at school and students at over thirty schools participated in breakfast related activities.

In addition, many students brought out their inner artists and entered the national School Breakfast Detective Book Cover Contest by designing their very own book covers. And boy, do we have some creative and talented students! Winning entries were selected by grade and region and will receive cool prizes at the local level. The top entries will also move on to the national book cover contest, where their book covers will compete with entries from all over the United States!

Check out the winning middle school entry designed by **James A Santander Delgados** from Roots Academy



We're on Facebook!

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Oakland Eats Garden Fresh!

Oakland Eats Garden Fresh is a joint venture of OUSD Nutrition Services and Alameda County Public Health Department, Nutrition Services, which connects the classroom to the cafeteria, linking nutrition education with the produce served at school. Coming this month, students will learn about seasonality and buying locally in the classroom while in the cafeteria they'll get to eat locally sourced produce that's in-season in the Bay Area!

Students will also receive a listing of local farmers markets and a handout entitled "5 Reasons to Buy Locally" to take home and share with their parents.

It's our hope that everyone in Oakland can and will eat garden fresh!



Employee of the Month

We're in a celebratory mood and it's all because of our awesome employees. This month we're recognizing another one of our stand-outs. The person selected as our newest Employee of the Month is "a very hard worker" who not only "stepped up as acting manager when she was needed", but she "isn't afraid to ask questions or for help". She is also "super friendly" and she epitomizes the word "nice"! Who is she?

Congratulations to our April Employee of the Month:
Martha Estrada
of Garfield Elementary

We are so thankful to have Martha 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.



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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@consultant.ousd.k12.ca.us

RECIPES
FOR **HEALTHY KIDS**

SKYLINE'S SPANISH CHICKPEA STEW



Spanish Chickpea Stew

Yield: 6 (one cup servings)
Prep Time: 20 min
Cook Time: 25 min

3 tbs. olive oil
2 cloves garlic, peeled & chopped
1 large yellow onion, peeled & chopped
2 tsp. paprika
½ tsp. cumin
1 lb. fresh spinach, washed & chopped
1 can chickpeas (garbanzo beans)
1 can chopped tomatoes
1 ½ cups vegetable or chicken stock
¾ cup golden raisins
2 tsp. red wine vinegar
½ tsp. salt
½ tsp. black pepper

1. Heat the oil in a pan, add garlic and sauté for a few minutes, then add onions and sauté until they smell sweet. Add paprika and cumin.
2. Add spinach and sauté until heated throughout. Add chickpeas, tomatoes, stock, and raisins. Bring to a boil and then simmer for about 15 minutes.
3. Add vinegar, salt and pepper.
4. Serve as a stand-alone stew or over brown rice. Enjoy!

Don't forget to vote for Skyline's recipe on-line!

<http://www.recipesforkidschallenge.com/submissions/598-spanish-chickpea-stew>