

# FOOD FOR THOUGHT

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## Happy Earth Day!

April 22nd is Earth Day but we do our best to honor Mother Earth as best we can throughout the school year and especially during the month of April. Check out the earth-friendly strides we've made:

- OUSD cafeterias are styrofoam free.
- Every Monday is "meatless" at elementary schools; only tasty vegetarian entrees are served.
- We're celebrating Oakland Veg Week by offering more vegetarian items April 15-21
- The Oakland Eats Garden Fresh curriculum was offered in 37 schools thanks to our partnership with Alameda County Public Health Department, Nutrition Services. Students learned about seasonality and the importance of eating locally grown fruits and vegetables.
- We are committed to improving our procurement process for locally sourced produce as outlined in the recently published Rethinking School Lunch Oakland Feasibility Study.



*If you want to help the environment,  
eat less red meat*

Earth Day is right around the corner, and many of us will be thinking about what we can do to curb our environmental impact. Taking shorter showers, installing compact fluorescent light bulbs, reusing and recycling are all great ways to take individual action. But there's another way we can all do our part and it starts with a knife and a fork -- reduce our meat consumption.

- According to the U.N., it takes 10 times more water to produce beef than wheat. The U.N.'s advice? Eat less or no meat.
- In addition to being a huge water user, animal agriculture is also one of the largest contributors to climate change.
- Our meat-centric diet has had dire consequences for our health, too.

Study after study shows that eating meat, eggs and dairy is consistently linked to heart disease, cancer, stroke and a host of other chronic illnesses. To the contrary, a diet rich in fruits and vegetables, legumes, nuts and whole grains leads to lower rates of obesity, blood pressure and cholesterol levels.

By choosing meat-, egg- and dairy-free options, even by just a few meals a week, we can improve our health, decrease our environmental footprint and help prevent a tremendous amount of animal suffering.

For these reasons, a group of Oakland residents -- including Mayor Jean Quan, Councilwoman Nancy Nadel, Alameda County Supervisors Keith Carson and Wilma Chan, and Rep. Barbara Lee are all pledging to be vegetarian for Oakland Veg Week, April 15-21.

As a community, we can make a difference for our health, animals and the environment every time we sit down to eat.

*By Kristie Middleton, coordinator of Oakland Veg Week  
Excerpted from the Oakland Tribune, April 2, 2012  
For more information, visit [www.OaklandVeg.com](http://www.OaklandVeg.com).*

## Employee of the Month

We just love our employees and the Employee of the Month for April is no exception. She “always checks deliveries, follows procedure and arrives and serves meals on time”. In addition, this superstar “willingly helps translate for co-workers in meetings and assists fellow employees whenever she can”. Last but not least, she is “gentle and caring with the children and has a pleasing smile and eyes that sparkle”. Well, who is this wonderful Nutrition Services employee?

Congratulations to our April Employee of the Month:  
**You Zhing Zhou**  
of Yuk Yau CDC

We are so thankful to have You 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.*

## Green Gloves: We sort it out!

Our kitchens create a lot of recyclables and waste. Please help your site custodian get items in the correct dumpster.

### Recyclables

- can be combined together
- go in the white bin dumpster
- include things like:
  - cardboard (break down boxes)
  - steel and tin cans
  - plastic containers (please rinse them clean)



### Landfill Items

- cannot be recycled or used again
- include things like:
  - latex gloves
  - plastic wrapping
  - packaged food

### Compostables

- can be decomposed and used as fertilizer and soil amendment
- include things like:
  - paper towels
  - food scraps
  - napkins
- If your site doesn't have a compost sorting system, these items need to be combined with landfill items.

Thank you for doing your Green Gloves part to keep OUSD green. If you need support with a compost system or other greening efforts, please contact Nancy Deming at 510-290-4875 or [nancy.deming@ousd.k12.ca.us](mailto:nancy.deming@ousd.k12.ca.us).

## The breakfast contest is a hit!

We celebrated National School Breakfast Week March 5th - 9th by inviting students to take part in a national t-shirt design contest. And take part they did! Over 700 Oakland students submitted designs highlighting the importance of eating a healthy breakfast.

After much deliberation, the judges selected regional winners and runners-up who will receive art kits, ipods and bikes!

Kudos to the following schools sites that are home to our design champs: ASCEND, Brookfield, Cleveland, Franklin, Fruitvale, Garfield, Global, Hoover, La Escuelita, Lincoln, New Highland, Roosevelt, Sobrante Park, West Oakland, and Westlake.





# 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](mailto:ericka.doolittle@ousd.k12.ca.us)



## RAINBOW CARROT & CHICKEN SALAD

### Ingredients

- 1 ½ pounds rainbow carrots
- 4 ounces pea shoots
- 2 cups sugar snap peas
- 1/3 cup extra virgin olive oil
- 1/4 cup lemon juice
- 1 large garlic clove, minced
- 1/2 tsp kosher salt
- 1/4 tsp pepper
- 1 cup crumbled feta cheese
- 3/4 cup mint leaves, cut into slivers
- 3 cups shredded cooked chicken

### Directions

1. Scrub carrots gently (so you don't lose the bright outer color).
2. With a vegetable peeler, cut thin lengthwise ribbons to make 1 qt.; discard ends and tough cores.
3. Put dark and light carrot ribbons in separate bowls of ice water and soak about 15 minutes to crisp. Drain, roll in kitchen towels, and pat dry.
4. Discard tough or thick stems from pea shoots and tear sprigs into 4- to 5-in. pieces. Pull strings from straight sides of snap peas, then thinly slice peas lengthwise. In a large bowl, whisk oil, lemon juice, garlic, 1/2 tsp. salt, and the pepper.
5. Add carrots, pea shoots, snap peas, feta, mint, and chicken to bowl and toss gently. Enjoy!