

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

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The School Year in Review!

As the 2011-2012 school year comes to a close, we look back with pride at how our Department continues to succeed in raising the bar for Oakland students. In the Fall, the **universal breakfast program** was relaunched, guaranteeing that all OUSD students have access to a free healthful breakfast before school each day. We also kicked off an innovative **pilot supper program** to round out the school day by ensuring that students participating in after school programs at 13 school sites receive a healthful meal. In addition, our popular **Oakland Fresh School Produce Markets** grew to include 22 sites, providing fresh fruits and vegetables in underserved communities! And 22 schools participated this year in the **Fresh Fruit and Vegetable Program (FFVP)** which provides a healthful fruit or veggie snack to students during the school day.



Not content to rest on our laurels, last Fall our Department also began a new partnership with Custodial Services to improve our "green" habits by improving food scrap sorting and recycling. Thanks in no small part to **Nancy Deming**, the Sustainability Initiatives Manager, the **Green Gloves** program was initiated and culminated in an inaugural Symposium last January. A panel including some of our amazing managers shared their success stories and concerns to help us all improve and maintain strong, environmentally sound recycling efforts.



Late January also proved to be a pivotal time not just for our Department but for programs across the country as the USDA released final **nutrition standards for school meals**. For the first time in a decade, these new standards will make significant changes to school meals including: doubling fruit and vegetable servings, increasing the variety of vegetables and setting first-ever standards for sodium, trans fat and whole grains for school meals. We're proud to say that many of these "new" changes have already been in place in our District for years, and we look forward to meeting and exceeding the rest of the new national standards.

Our commitment to excellence is no secret, nor, unfortunately, is the restricted fiscal reality in which we operate. That's why we've been looking at the "big picture" and last year brought on a team of expert consultants commissioned by the **Center for Ecoliteracy** to conduct a comprehensive review of our program. The outcome of this study, entitled "**Rethinking School Lunch**" created an inspiring and exciting road map for comprehensive reform of school food in Oakland. We invite you to read the executive summary on-line to see the direction our Department is headed!

We closed out the school year with a fun **whole grains workshop** for staff (stay tuned for more training opportunities like this next year) and a nod to the health of both our communities and our planet with participation in **Earth Day** events, **Oakland Veg Week** and a full year of **Meatless Mondays** in our elementary schools.

Is it any wonder we think that OUSD Nutrition Services and our staff are the best? We wish you a happy and healthy summer break and look forward to another banner year! Stay in touch with Nutrition Services by checking out our website: <http://tinyurl.com/OUStFood> or liking us on Facebook!

Join us for the last
Nutrition Action Council
(NAC) meeting of the school
year!

May 30th at 2 pm
81st Avenue Library
All are welcome!

RETHINKING SCHOOL LUNCH
A Guiding Framework From The Center for Ecoliteracy



Employee of the Month

We just love our employees and the Employee of the Month for May/June is no exception. She “is a very hardworking employee with a beautiful heart”. She is also “a great support to her manager who is a floating manager” and she “handles both the manger and cook roles with ease when called to do so”. Last but not least, she “never complains and brings a smile wherever she goes”. Well, who is this wonderful Nutrition Services employee?

Congratulations to our May/June Employee of the Month: Vanessa Poynter of Roosevelt Middle School

We are so thankful to have Vanessa 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: Year One is a Success

We want to give a big *green thumbs up* of thanks to all Nutrition Services employees for helping to make our first year so successful and so much fun! A special thank you goes out to the following folks for their extra involvement:

-  **Barbara Blow** and her staff at Bella Vista
-  **Bertha Lyles** at Brookfield
-  **Connie Smith** at Lincoln
-  **Dierdra Tillis** at Franklin
-  **Donna Irby** at Madison
-  **Frances Terrell** and her staff at Castlemont Campus
-  **Gail Roy** and her staff at New Highland/Rise
-  **Lily Lei** at Sequoia
-  **Michelle Chastang** and her staff at Garfield
-  **Mei Yee** at Elmhurst/Alliance
-  **Nahkheu Saepanh** at Jefferson
-  **Olga DeLara** and her staff at Prescott Cooking Kitchen
-  **Olga Velasquez** at Sobrante Park
-  **Silvia Fong** and her staff at Stonehurst Campus



We look forward to improving our greening efforts even more as the new school year approaches and we hope we can count on your involvement! To share a new slogan that was created by Sequoia student waste reduction leaders to encourage their fellow students in waste sorting: “**Doing a good job is the best prize of all!**”

Keep on Greening!

Check out the Perennial Purple Tree Collard!



OUSD’s new Garden TSA, Park Guthrie wasted no time making friends with our staff.

He brought each manager a purple perennial tree collard cutting! Tree collards are an often overlooked nutritional powerhouse that are delicious and very easy to grow. When established, they provide enough greens for a family of four each week! Park hopes

that managers will pass along more cuttings once their trees mature. Check out Park’s easy cooking method below and be in touch if you need assistance with your school garden!

Preparation and Cooking

1. In a skillet, saute a diced onion in olive oil until golden brown. Salt.
2. Wash leaves (but don’t dry) and remove ribs.
3. Slice leaves into thin (1/8-inch) strips.
4. Dice garlic and saute until fragrant, about 1 minute.
5. Turn heat to medium. Stir in greens. Then add a large splash of chicken (or vegetable) broth or water.
6. Cover and cook for about 10 minutes. Add extra water if it’s drying out.
7. Take the cover off. Cook off any excess moisture.
8. Put in a bowl and add a few splashes of vinegar or lemon juice. Enjoy!

Park Guthrie
Garden TSA
Oakland Unified School District
510/691-5051

Stopwaste shines spotlight on Fran Terrell and the Castlemont Community!

After a waste audit revealed that 75% of material in the school cafeteria's garbage cans could be composted, students, teachers and staff from Castlemont High School began a campaign to reduce waste in Fran's Cafe- the school cafeteria named for the energetic and charismatic kitchen manager Fran Terrell.

Working as a team, Castlemont with support from the Oakland Unified School District, implemented many changes to start reducing waste. Recycling and composting bins were placed in the kitchen galley so that staff can easily recycle steel cans and compost food scraps. Diversion stations with clearly marked signs are now set up in the cafeteria area for students to sort waste into recyclables, compostables, and trash.

Lead teacher Tim Bremner explains, "We didn't make a big deal out of it- we simply put in the new stations and found some students that can periodically monitor them to make sure people are sorting correctly. So far, it's making a big difference- but we are worried about the challenge of on-going bin monitoring."

Another important change at Castlemont aims to address the wasteful practice of providing a "spork packet" with every meal. The district installed fork, spoon, and napkin dispensers on the



Composting station in the galley kitchen.

walls allowing students to take only what they need.

"In the past, students got a spork packet whether they needed it or not. Now if we have pizza- they only need to take a napkin," explains kitchen manager Fran Terrell.

Salad bars can also help reduce waste by allowing students to choose healthy foods they know they will eat.

The waste reduction campaign overlaps with broader changes in food service in Oakland Unified School District. Kitchens are once again cooking food (rather than just warming packaged items), salad bars offer fresh fruits and vegetables, and the district supports weekly community farmers markets at a number of schools.

The district has also followed the City of Oakland's lead and has eliminated the purchase of disposable foam trays in favor of

compostable cardboard ones.

Fran Terrell is clearly proud of the healthy food she is serving and proud to be a leader in waste reduction as well. "My next goal is to get rid of the plastic water bottles. I hear that another school has a water dispenser and paper cups- I want to learn more about that and bring it here."

Article excerpted from <http://schools.stopwaste.org/> Visit the link for more success stories and information.



We're on Facebook!

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Oakland Unified School District,
Nutrition Services and you'll
always be in the loop.



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



GRILLED PEACHES & BLUEBERRIES

Ingredients

3 medium ripe peaches, halved
and pitted
1 cup fresh blueberries
1 tablespoon brown sugar
1 tablespoon butter
1/2 tablespoon lemon juice

Directions

1. Place two peach halves, cut side up, on two layers of heavy-duty foil.
2. Sprinkle each with blueberries, brown sugar, butter and lemon juice.
3. Fold foil around peaches and seal tightly.
4. Repeat process with other two peaches
5. Grill, covered, over medium-low heat for 18-20 minutes or until tender.
6. Open foil carefully to allow steam to escape. Enjoy!

Yield: 3 servings