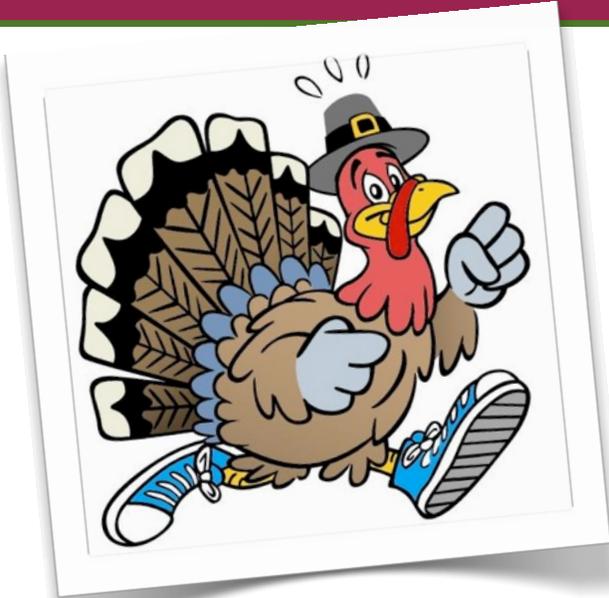


FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

Volume 6, Issue 2



It's time for the **Third Annual Turkey Trot!** **Gobble, Gobble!**

- Who:** OUSD Nutrition Services Employees
(This means YOU!)
- What:** **The Third Annual Turkey Trot!** Get active by walking or doing any other physical activity.
- How:** Strap on your pedometer, get to walking and log your steps. You can also convert other activities like gardening and swimming to steps (See the official log sheet for details)
- When:** Track your walking and other activities from Monday, November 7th - Thursday, November 17th. Then fax in or drop off your completed log sheet by 5 pm, November 17th.
- Where:** Here, there and everywhere!
- Why:** You'll get more fit, reduce stress, and **the top participants will win a grocery store gift card for a Thanksgiving feast!**



Green Gloves Program

The OUSD Green Gloves Program is working to reduce the environmental footprint of schools in Oakland! This program began in our Custodial Services Department through the work of our custodians heading up new cafeteria food scrap sorting programs which involve separating food waste from landfill and recyclable items. Last spring four of our school cooking kitchens; Bella Vista, Franklin, Garfield, and Lincoln, and Prescott central cooking kitchen started their own food scraps sorting system. A big thank you to these 5 sites for starting us off! This fall we are getting ready to incorporate additional sites to this list. In addition to school waste reduction, we are testing out and incorporating some new "greening" practices such as using compostable trays at some of our sites. Stay tuned for updates about this cool new program. For more information on the Green Gloves Program, please contact Nancy Deming, Sustainability Initiatives Program Manager at 290-4875 or sowingseeds@hotmail.com.

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

Join us at the next meeting of the
Nutrition Advisory Council

December 7, 2011
2:00 - 3:30 p.m.
81st Avenue Public Library
Oakland

We want to hear from you!

Employee of the Month

It's that time again, time for us to brag about another one of our amazing employees. The second Employee of the Month of the 2011-2012 school year "leads by example" and is committed to "not only the health of students, but of their parents and school staff as well". This tireless worker "gets along with everyone" and has a great sense of humor. Well, who is this OUSD super star?

Congratulations to our November Employee of the Month:
Olga Velasquez
of Sobrante Park Elementary School

We are so thankful to have Olga 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.

Farm to School

Another exciting, fast-paced school year kicked off with the Nutrition Advisory Council (NAC) meeting on September 30th. The NAC, which serves as a reservoir for idea-sharing and coordination of the Farm to School program, along with other nutrition related efforts, meets quarterly.

Work planned for the 2011-12 school year under the UCD Farm to School Grant will focus on three core areas: procurement of local produce, Nutrition Services staff training, and student education. We're thrilled with the following planned activities:

Procurement of Local Produce

- Bring produce from OUSD Fresh Market farmers into cafeterias through produce distributors
- Work with produce distributors to source and label local produce
- Incorporate school garden grown produce into the menu
- Feature 100% local produce in Harvest of the Month program and a substantial amount in the Fresh Fruit and Vegetable snack program



Staff Training



- Recruit and train Nutrition Services staff to be "Farm to School Champions" who will then train other staff about "why local matters," produce handling procedures, and how to encourage students about trying new produce.
- Provide information about Farm to School at Nutrition Services staff meetings
- Weave local food education into other district educational efforts

Student Education

- Provide Oakland Eats Garden Fresh labeling and lesson plans to school sites
- Promote the Harvest of the Month program in classrooms and in cafeterias



The next meeting of the Nutrition Advisory Council will be held on December 7th from 2:00 to 3:30pm at the 81st Avenue Oakland Public Library. We'd love to see you there!

Taste Tests

Middle school managers recently took part in a focus group of sorts when they sampled and talked about potential new items for the student lunch menu. The way we see it, our cafeteria managers are very familiar with student preferences.

Although we also ask students directly for their feedback, this time we wanted to hear from our managers directly. As such, we asked them to taste pho and Vietnamese sandwiches and to share with us their thoughts.

And hear from them we did! A fun, hearty time was had by all. Managers liked the soup and the sandwich, and the majority thought that students would like these Vietnamese foods too.

We look forward to doing more taste tests in the future with one of our favorite focus groups: OUSD Nutrition Services staff.



International Food Day took place on October 24th to great success. The worldwide event “sought to bring together Americans from all walks of life—parents, teachers, and students; health professionals, community organizers, and local officials; chefs, school lunch providers, and eaters of all stripes—to push for healthy, affordable food produced in a sustainable, humane way.”

We got involved locally by partnering with Alameda County Health Department, Nutrition Services to treat Skyline High School Students to freshly prepared Vietnamese foods. Over one hundred bowls of pho were served and according to Registered Dietitian, Rusty Hopewell, “the kids ate it up without a negative word!” Students also sampled Vietnamese salad during lunch and after school and were excited to try new foods.

On November 17th, students at Skyline will also get to partake in a Nutrition Services Taste Test Event to help select new menu items.



OAKLAND UNIFIED SCHOOL DISTRICT

Community Schools, Thriving Students

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<http://www.ousd.k12.ca.us/nutritionservices>

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



PEAR AND ARUGULA SALAD

Ingredients

1/2 cup walnut halves
5 to 6 cups arugula, cleaned and dried
1 Bosc or Anjou pear, thinly sliced
1 lemon
3 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper
8 ounces Gorgonzola crumbles

Directions

Toast nuts in small pan over medium heat until fragrant. Cool.

Combine arugula and pear in a salad bowl, add nuts then dress the salad with lemon juice and olive oil, salt and pepper. Top salad with Gorgonzola to taste. Enjoy!