

# FOOD FOR THOUGHT

*A monthly publication of OUSD Nutrition Services*

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**Food Day**, created by Center for Science in the Public Interest (CSPI), is a nationwide celebration and movement toward more healthy, affordable, and sustainable food celebrated annually on October 24th.

While the ultimate goal of Food Day is to strengthen and unify the food movement in order to improve our nation's food policies, several Food Day priorities are in-line with our

department's long-standing commitment to serve healthful, real food to Oakland kids. Not only are we proud to help celebrate Food Day on October 24th, we're focused on these three Food Day priorities and making everyday "food day" in Oakland schools. **Our specific efforts are highlighted in green below.**

- 1. Promote safer, healthier diets:** The foods we eat should promote, not undermine, our good health. Yet, 80% of children do not eat the recommended five or more servings of fruit or vegetables each day and about one-third of children in the U.S. are overweight or obese.

  - 80% of the prepackaged food that was being served at OUSD schools with working kitchens has been eliminated.
  - Although USDA guidelines allow for canned fruits and vegetables, we serve fresh fruits and veggies at every meal. And we're serving more produce than ever thanks to improvements to the National School Lunch Program.
- 2. Support sustainable and organic farms:** Sustainable and organic farming practices contribute to reduced water and air pollution, richer organic material in soil, and healthier farm animals and communities.

  - About 43% of the fruits and vegetables we serve come from local farms.
  - We have a new Farm to School Supervisor on our team! (Meet her on page 3)
  - Our school produce markets buy from local farms and sell fresh produce in our school communities.
- 3. Reduce Hunger:** Currently, around 50 million Americans are considered "food insecure" and SNAP (food stamp) participation is at an all-time high.

  - Our universal breakfast program ensures that Oakland students can eat school breakfast free of charge, at school sites where breakfast is served.
  - The innovative Supper program instituted last year provides students participating in after school programs at 12 school sites with a healthful meal served in the late afternoon.

## Celebrate in Oakland!

The "Ideal Meal" will be served in all elementary schools on Oct 24th!

- Students will feast on freshly prepared, hand rolled chicken or vegetarian tofu/bean enchiladas, pinto beans and local strawberries!
- The enchilada recipes were developed by our amazing staff.

All Oakland Fresh School Produce Markets will feature stickers and taste tests on October 23rd and 24th.

Our partner, Alameda County Nutrition Services, will be holding cooking demonstrations at 12 of our markets!

There are dozens of local food day events planned in and around Oakland.

Find one in your neighborhood at [www.foodday.org/all\\_events](http://www.foodday.org/all_events) or get ideas to celebrate with your family at home!



## School Produce Markets are back!

By October 11th, all but two of our Oakland Fresh School Produce Markets will be up and running! These markets provide a school-based local food system that increases access to fresh, healthy and affordable food for Oakland residents while promoting healthy school environments for our children and families.

Produce is purchased from local family farmers and produce distributors, and sold by parents and students during after-school hours every week at each school site. Markets accept EBT food stamps and are open to the entire community. Check out the schedule below and visit a market near you!

### TUESDAYS

Sobrante Park  
470 El Paseo Dr.  
12:00 - 4:00pm

RISE & New  
Highland  
8521 A St.  
12:30 - 4:00pm

Hoover  
890 Brockhurst  
1:30 - 4:30pm

Franklin  
915 Foothill  
1:30 - 6:00pm

Garfield  
1640 22nd Ave  
2:00 - 6:00pm

East Oakland PRIDE  
(Webster)  
8000 Birch St.  
2:15 - 5:30pm

Bridges  
1325 53rd Ave.  
2:30 - 5:30pm

### WEDNESDAYS

Community United &  
FUTURES (Lockwood)  
6701 International  
Blvd.

10:00 - 2:00pm

ACORN Woodland &  
Encompass Academy  
1025 81st Ave.  
11:00 - 2:00pm

Fruitvale  
3200 Boston Ave.  
12:30 - 3:30pm

Castlemont HS  
Campus  
8601 MacArthur Blvd.  
1:00 - 4:00pm

Global Family &  
Learning Without  
Limits  
2035 40th Ave.  
1:00 - 6:00pm

Howard  
8755 Fontaine St.  
12:30 - 4:00pm

Manzanita Community  
& SEED  
2409 E. 27th St.  
1:00 - 4:45pm

PLACE @ Prescott  
920 Campbell St.  
1:30 - 5:30pm

### THURSDAYS

Allendale  
3670 Penniman Ave.  
12:00 - 4:00pm

Parker  
7929 Ney Ave  
12:30 - 4:00pm

Martin Luther King,  
Jr.  
960 10th St.  
2:15 - 5:45pm

Sankofa  
581 61st St  
2:15 - 6:00pm

**Opening later this  
school year:**

### WEDNESDAYS

Esperanza &  
Korematsu  
10315 E. St.  
10:30 - 3:30pm

Melrose Leadership  
Academy  
5328 Brann St.  
1:00 - 5:00pm

Our school lunch is healthier!  
*So, how do we get kids to eat it?*



Even the healthiest foods are only healthy if our kids actually eat them. When we first serve a fruit or vegetable, we often don't get the reaction that we want. But the good news is that kids will and do eat healthy foods. Sometimes it just takes a little creativity on our part. Below are some ways we're working on getting kids to eat healthful foods and you can too:

- We offer healthy options over and over and over and over and... Children are naturally resistant to new foods. We don't assume that just because they didn't eat it once they won't eat it ever again. We reintroduce foods and expect that it might take 3, 5, even 7 or more introductions for children to develop an acceptance of new school foods.
- We involve students in menu development by having them taste potential new menu items. Children may resist changes, but if they understand the reason for the changes and get to help choose the new foods, they will be more open to new selections.
- Do as I do...not as I say. It's easy to tell young people to eat healthier foods, but if we're telling them and not showing them, we're less likely to be effective. One of the most valuable things 'grown ups' can do is to eat the fruits and vegetables and other new healthier items we want our kids to eat.

Excerpted from <http://cspinet.org>



**We're on Facebook!**  
"Like"

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

## Meet our new Farm to School Supervisor!

Name: Alexandra (Alex) Emmott

Residence: Oakland, near Lake Merritt

Describe your job for us: Coordinating the Oakland Fresh School Produce Markets and increasing locally procured and grown foods for meal programs, along with a little grant writing.

What did you do before coming to OUSD? I worked on Farm to School & the Fresh Fruit and Vegetable Program for Boston Public Schools. Before that, I owned a bakery & cafe in Boston.

What are you most passionate about in your new position? Bringing healthy affordable food to children and families.

What are 3 things you love to do outside of work? Travel - especially if the destination involves great street food and swimming outside, play ball with my dog, and read cookbooks and food blogs.

Favorite thing to cook: That's hard, I love to cook. Slow Sunday suppers, pie of any kind, anything citrus or ginger.

Favorite thing to eat: Again, really hard, I love to eat. A bowl of pho, fish tacos especially if accompanied by margaritas, pasta carbonara, soup dumplings, really good croissants...

Favorite thing about Oakland: Having grown up in Canada, and spent 10 years in Boston, I'm tempted to say the climate, but truly the people are fantastic.

Anything else we should know about you? Just happy to be here!

We're so happy you're here too! Welcome, Alex!



### Green Gloves Program

New information from the EPA (Environmental Protection Agency):

- 40% of food produced in the United States goes to waste
- 34 million tons of food waste was thrown away in 2010
- Less than 3% of food waste was recovered for reuse or recycling in 2010

Our Nutrition and Custodial Green Gloves Program is working to improve these numbers and we are making a difference! Check out our new logo and be proud of the good work you are doing! For more information about the Green Gloves program or to implement or improve upon your waste reduction and sorting system, contact Nancy Deming at 510/290-4875 or [nancyldeming@gmail.com](mailto:nancyldeming@gmail.com).

## Employee of the Month!

The **Employee of the Month** program kicks off this month and we are so thrilled to announce our first recipient. This all star “seamlessly dealt with difficult facility issues this summer”, “excels at training coworkers”, “is doing a fantastic job instituting closed campus lunch” and is an “all-around great person and wonderful employee”.

**Congratulations to our October Employee of the Month:**

**Sharelettee Rodgers**  
**of Oakland High School**

We are so thankful to have Sharelettee 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.*

## OUSD Ballot Measure

Measure J, a bond proposition, will be on the November 6, 2012 ballot for Oakland voters' consideration:

*"To improve the quality of Oakland schools and school facilities to better prepare students for college and jobs, to upgrade science labs, classrooms, computers and technology, improve student safety and security, repair bathrooms, electrical systems, plumbing and sewer lines, improve energy efficiency and earthquake safety, shall the Oakland Unified School District be authorized to issue \$475 million in bonds, with an independent citizens oversight committee and annual audits to guarantee funds are spent properly to benefit Oakland children?"*

**What happens if Measure J is approved?**

***The following district projects are prioritized to receive funding:***

- Upgrade kitchen facilities to improve nutrition and nutritional education
- Seismic upgrades of schools and classrooms to reduce danger from earthquakes
- Asbestos and lead paint removal
- Upgrade science labs, classrooms, computers and technology
- Repair bathrooms and unsafe playground areas

***What changes would be made to school food facilities?***

- The measure earmarks \$44 million for school food facilities improvements
- A large central commissary kitchen with a large community garden
- 17 school would be updated to have full cooking kitchens
- 53 schools would get "finishing" kitchens in order to receive & serve meals prepared at the commissary kitchen
- 14 schools would become community kitchens that communities could use for small business support, and cooking lessons, thereby generating an income for the district

**A 55% supermajority vote is needed for approval.**



# OAKLAND UNIFIED SCHOOL DISTRICT

Community Schools, Thriving Students

OUSD Nutrition Services  
900 High Street  
Oakland, California  
94601

Phone: 510/434-3334  
Fax: 510/879-1779

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

## SPICY THAI PUMPKIN SOUP

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Ready in: 25 minutes  
Servings: 4

### Ingredients

1 tablespoon vegetable oil  
1 tablespoon butter  
2 cloves garlic, chopped  
4 shallots, chopped  
2 small fresh red chili peppers, chopped  
1 tablespoon chopped lemon grass  
2 1/8 cups chicken stock  
4 cups peeled and diced pumpkin  
1 1/2 cups unsweetened coconut milk  
1 bunch fresh basil leaves



### Preparation

1. In a medium saucepan, heat oil and butter over low heat. Cook garlic, shallots, chilies, and lemongrass in oil until fragrant (be careful not to burn the garlic).
2. Stir in chicken stock, coconut milk, and pumpkin; bring to a boil. Cook until pumpkin softens.
3. In a blender, blend the soup in batches to a smooth or slightly chunky consistency, whatever you prefer. Serve with basil leaves.

**HINT:** You can make it mild spicy or hot spicy by using different types of chilies.