

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

Volume 7, Issue 3

Happy New Year!

We hope 2013 is off to a wonderful start for you and your families!

Oakland's CHOP-Ed Challenge Success

The 60th Annual California School Nutrition Association Conference took place in Pasadena at the end of 2012, and included the first ever ChopEd challenge! Similar to reality television cooking shows, this challenge would involve using mystery ingredients to create dishes in a short amount of time. CSNA participants were invited to form teams of four to participate. And you know that OUSD Nutrition Services jumped at the chance to compete!

When the competition started, teams had only 30 minutes to turn mystery box ingredients into a healthful meal and to serve four identical plates. These entries were then judged on presentation, taste, meeting the new HFHKA guidelines, along with sanitation and work habits. Prizes and bragging rights were on the line and the winners were announced at General Session.

Guess who took home the bronze medal? That's right! Oakland's Team Garden Fresh took third place for their Chicken Alfredo, vegetable succotash and fruit salad in a lime ginger yogurt sauce. Kudos for proving once again that our school nutrition all-stars are the true "Top Chefs"!



Bronze Medal Winner!

Nutrition Services Task Force

Have you heard? There's a meeting that happens once a month during which all participants voice their opinions, share concerns, and work together to find resolutions to issues that can arise related to the work we do in school food service. Sound to good to be true? It's not. It's the Nutrition Services Task Force!

In an effort to improve communication and share problem solving strategies among employees and management, the Task Force was implemented in October, 2012. Nutrition Services employees and management, along with union representatives, sit down on a monthly basis to have conversations regarding everything from menu items and student preference to cooking equipment to work relationships.

Current Task Force members include three union representatives, Director **Jennifer LeBarre** and Nutrition Services All Stars: **Silvia Fong, Donna Irby, Kathyrine Posey, Sharelettee Rodgers, Clara Simpson, and Gwen Taylor.**

According to Fong, these meetings are, in fact, making a difference. "After we voiced our concerns about students disliking the frozen pizza on the menu, Jennifer Le Barre immediately took action. Within a week, she found a fresh-made pizza company, the company delivered its pizza, and the students were content. By voicing our concerns, we found a way to quickly improve our service to the students."

Many thanks to all members of the Task Force for taking the time every month to make all of our jobs easier and our work environment better! Go Team Nutrition Services!



The Garden Fresh ladies

Donnie Barclift
Field Supervisor

Rosalyn Decuir
Manager for Skyline

Silvia Fong
Manager for Esperanza/Korematsu

Gwen Taylor
Manager for Oakland Tech

Employee of the Month!

With a new year upon us, we've got another great employee to highlight as **Employee of the Month!** We're really proud of our third recipient for the 2012-2013 school year. This all star employee is a "true team player." "In her short time at OUSD, she has gone anywhere that she is needed". She is "friendly", "resourceful" and "a one-woman cleaning crew who can make any kitchen shine like new"! So who is this OUSD super star?

Congratulations to our January Employee of the Month: **Sharon Franklin**

We are so thankful to have Sharon 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.

In the News: **Green Gloves Program**

Happy New Year!

We're excited to continue our Green Gloves work and to make this year OUSD's green-est year yet.

Here's the latest:

- Save the Date! Our next Nutrition and Custodial Services Green Gloves Symposium is right around the corner. It will be held on Friday, February 1st. Stay tuned for additional details.
- The National Building Museum in Washington D.C. will feature an exhibit called "Green Schools" that will highlight our own Green Gloves program! The exhibit is set to open at the end of February and will run through the end of 2013. Hooray!
- The new utensil dispensers are up and running smoothly at most of our schools. Some sites have had dispensers relocated or attached to tables for better servicing. If your site needs assistance, please contact your field supervisor or Nancy Deming.
- Nutrition Services is continually applying for grant money to keep this amazing work going.



Please give a green thumbs up to the following sites for their great work:

- Prescott Cooking Kitchen has been steadily increasing their waste sorting of food scraps, soiled papers, plastic wrap, and mixed recycling.
- Urban Promise Academy started a kitchen waste sorting station and implemented a lunch time cafeteria program by reaching out to school staff to assist.
- Castlemont High is working with waste sorting stations to better suit the needs of their busy cooking kitchen.

If you would like to improve your school site's waste sorting, please contact Nancy Deming at nancy.deming@ousd.k12.ca.us or [510-290-4875](tel:510-290-4875).



Employee Spotlight: **Robin Moore**

Name: **Robin Moore**

Position: **Executive Assistant**

Lives in: **Oakland, California**

Describe your job in one sentence: **Servicing Oakland students!**

What did you do before coming to OUSD: **Administrative Manager, Construction Environment**

What are you most passionate about at your job: **Serving students**

Name three things you like to do outside of work:

Be with my family, cook and inspire my children!

Favorite things to cook: **Soups, Seafood and Vegetables**

Favorite thing about Oakland: **Being Home Grown!
And understanding Oakland and the people in it!**

We're so happy you're here! Welcome, Robin!

Legislative Corner: **HFHKA Updates**

Read on for the latest and greatest related to the Hunger Free Health Kids Act, 2010:

- On December 7th, 2012 the USDA announced that it will allow schools some flexibility in implementing school nutrition standards for meat and grains. What does that mean to us? It means that as long as OUSD meets the minimum requirements for meat and grain servings, we no longer have to restrict the maximum size of servings.
- New breakfast regulations will go into effect at the start of the 2013-2014 school year. According to these regulations, we will be required to serve two breads during breakfast every day. In addition, students will be required to take one fruit
- Food served outside the school meal program will have new regulations as well.

As an aside, we hope you know that OUSD Nutrition Services is not content to wait for the USDA to tell us how to improve our school meal program. We've been making healthful adjustments and changes to the foods we serve for over a decade.

For example, let's take a look at items that you WON'T see served to Oakland students, regardless of government regulations. Things like corn dogs, chicken nuggets and white rice have already been phased out from CDC menus and will be removed from all K-5 menus soon, followed by removal from all Middle School and High School menus. We'll continue to work hard to improve our meal program and to do right by our students, period.

Menu Program Highlight: **Supper**

In 2011, it came to the department's attention that some students enrolled in after school programs were often left hungry between the time an after school snack was served and the time they left campus in the evening.

As such, Nutrition Services jumped at the opportunity to launch a pilot supper program to fill that hunger gap, free of charge to students most in need. The supper program continues to be very popular and is now available to students enrolled in the after school programs at the following **twelve school sites**:

- Calvin Simmons
- Castlemont High School
- Community United Elementary
- Franklin
- Frick
- Futures
- Lafayette
- Life Academy
- Martin Luther King Jr.
- PLACE @ Prescott
- Reach
- United for Success.



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<https://www.facebook.com/OUSSFood>



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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

ROASTED ROOT VEGETABLES

Root vegetables are some of the most overlooked vegetables around, but they're worth more than a passing glance. Not only are they seasonal during the winter and very inexpensive, they are delicious - often sweetening up when roasted. So, experiment! Venture past the carrots and potatoes and take turnips, rutabagas, parsnips and beets for a spin. This recipe is as adaptable as your taste buds!

Ingredients:

- 1 whole Celery Root, Peeled And Diced
- 3 whole Parsnips, Peeled And Diced
- 6 whole Carrots (varied Colors If You Can Find Them), Peeled And Diced
- Other Root Vegetables, Peeled And Diced
- Olive Oil, For Drizzling
- Salt And Pepper, to taste

Preparation:

- Preheat oven to 375 degrees.
- Throw diced vegetables on a large baking sheet and drizzle with olive oil, then sprinkle with salt and pepper. Use hands to toss, then arrange in a flat layer on the pan.
- Roast for 30 to 45 minutes, or until vegetables are golden brown.
- Allow to cool to room temperature and eat as a snack, or serve them as a side dish.
- Enjoy!

