

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

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California Thursdays!

On April 24th, we launched “California Thursdays”, an exciting initiative with the Center for Ecoliteracy that showcases dishes made from fresh, California-grown ingredients. It was a huge success! Our talented staff whipped up a shepherd’s pie made of Foster Farms turkey and potatoes from Kern County. We also served a delicious vegetarian dish called “Beans and Greens” that featured organic dinosaur kale grown by local nonprofit in Watsonville called ALBA Organics. **Nutrition Services purchased and served over eighteen hundred pounds of kale and over twenty five hundred pounds of potatoes that day, exemplifying the concept of local “California food for California kids”.**



California Thursday Kale!

Our second California Thursday meal was served on May 30th, showcasing a recipe from the Center for Ecoliteracy cookbook: Whole Grain Pasta with Smoky Chorizo, Tomatoes and Fresh Kale. The ingredients were all locally sourced and featured organic tomatoes from the San Joaquin Valley, over eleven hundred pounds of kale from Modesto and almost eight hundred pounds of chorizo from San Jose. Many thanks to Michelle Franklin of Frick Middle School and Maria Cortez of Westlake Middle school for all of their hard work with this dish. It was a huge hit at our cooking kitchens. According to Roslynn DeCuir of Skyline

High School, this “was the best dish ever. The teachers and students loved it! In fact, I made 200 portions and that wasn’t enough!”.

We love hearing feedback like this and we so look forward to Thursdays during the upcoming school year when we will continue to introduce students to the pleasures of fresh, locally grown foods.



Pasta with Chorizo, Tomatoes and Kale!

SCHOOL'S
out for
SUMMER

We wish everyone a fun and healthful summer!



Nutrition Services is on Facebook!

“Like” us and you’ll always be in the loop!
<https://www.facebook.com/OUSDFood>

Our award winning schools and staff!

Started in 2004, the **Healthier US School Challenge (HUSSC)** is a voluntary certification initiative to recognize schools that have created healthier school environments through promotion of nutrition and physical activity. In 2010, First Lady Michelle Obama introduced her Let's Move! initiative and incorporated HUSSC into her campaign to raise a healthier generation of kids. At that time, monetary awards became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

We're extremely proud to announce that 12 of our elementary schools have received the Gold Award!

Wondering how these schools won gold? They:

- Enrolled as a Team Nutrition School
- Offer reimbursable lunches
- Provide nutrition education to students
- Maintain an Average Daily Participation for reimbursable lunches. (At least 70% for Gold)
- Adhere to guidelines established by the USDA Food and Nutrition Service (FNS) for all foods served/sold.
- Implement a Local Wellness Policy
- Provide students opportunities to engage in physical activity

Congratulations to the following schools and managers:

Barbara Blow - Bella Vista
Silvia Fong - Esperanza/
Korematsu
Deidra Tillis - Franklin
Michelle Chastang - Garfield
Nahkheu Saephanh - LWL/Global
Connie Smith - Lincoln
Cathy Johnson -
Manzanita Seed/Community
Gail Roy - New Highland/Rise

Each site will be awarded a USDA banner and plaque along with \$1500 to continue its work to improve student wellness! Bravo!

Thank you Whole Foods!

Several times a year, Whole Foods Market holds "5% days" when they donate five percent of sales to a local non profit or educational organization. Well, on May 15th the 5% day beneficiary was none other than our own OUSD produce markets and school gardens! Our farm to school supervisor tabled at the store and we got the word out however we could encouraging our supporters to shop Whole Foods that day.

We're ecstatic to announce that **Whole Foods Market Oakland** donated **\$8677.05** to our produce markets and gardens.

Thank you to Whole Foods and to all of YOU who shopped on May 15th!



Free Summer Lunch for Kids & Teens

Free Summer Lunch Program serves meals to youth 18 and younger.

El Programa de Almuerzo Gratis Durante el Verano provee alimentos a menores de 18 a1os.

No se requiere registraci3n.
¡Visite un comedor cerca de usted y disfrute un delicioso almuerzo!

No registration
Visit a site to enjoy a delicious lunch!

Your neighborhood site is: Su comedor comunitario es:

Call 1-800-870-FOOD (3663)
To find a location near you (se habla espa1ol)

Green Gloves News

Nearly **40%** of all food is wasted.
Meanwhile **50 million** Americans
are hungry.
We have to do better.
- Food Shift



OUSD Nutrition Services is so happy to announce a partnership with both local, non-profit organization, Food Shift, and Alameda County Waste Authority, StopWaste.Org to start a collection and distribution system for our surplus food! This is a high need program for us to keep valuable food - from kitchen and cafeteria food share crates - out of our waste stream and onto the plates of folks that can use it.



The food donation program in action!



Surplus food headed to families!

Brookfield Elementary and New Highland/Rise Elementary are piloting this program. Working with Food Shift since May, both sites started having parent volunteers trained to collect and distribute the surplus food to school families. We at Green Gloves hope to learn as much as possible from our pilot sites before the end of the school year as we hope to expand this important program to other school sites next school year.

For more information:

Food Shift: <http://www.foodshift.net/>

Stop Waste.Org: <http://www.stopwaste.org>

Green Gloves: <http://www.ousd.k12.ca.us/Page/944>
or contact Nancy Deming at nancy.deming@ousd.k12.ca.us, 510-290-4875.



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OUSD Nutrition Services continually strives to create a world class nutrition services program. Our goals are three-fold:

- 1) to become recognized as the leading school nutrition services provider in California,
- 2) to become the number one revenue generating Service Area for the District, and
- 3) to serve high quality, healthful meals to satisfied customers each and every day.

Questions or comments about Food For Thought? Please email ericka.doolittle@ousd.k12.ca.us

STONE FRUIT: MEXICAN STYLE & 11 OTHER WAYS

It's the season of stone fruit; peaches, nectarines, apricots, plums, mangoes and cherries abound. Lucky for us, all stone fruits respond similarly to cooking methods like sautéing, poaching, grilling, and roasting. So, a recipe that works for one kind of stone fruit will most likely work for others as well. Find the fruit that's available near you and have fun experimenting!

Ingredients:

- 2 pounds chopped stone fruit
- 2 cups lime juice
- 2 cups water
- 1 teaspoon chili powder
- 1 pinch of cayenne
- 1/4 cup chopped cilantro
- 1/2 tablespoon sugar
- 1/2 teaspoon salt

Preparation:

1. Mix all ingredients.
2. Toss, serve and enjoy!



Check out eleven other stone fruit recipes excerpted from Mark Bittmans article in the New York Times.

A Dozen Ways to Serve Stone Fruit

http://www.nytimes.com/2012/06/24/magazine/a-dozen-ways-to-serve-stone-fruit.html?_r=0