

# FOOD FOR THOUGHT

*A monthly publication of OUSD Nutrition Services*

Volume 5, Issue 3



**OUSD IDEAL MEAL DURING NATIONAL SCHOOL LUNCH WEEK IS A HUGE HIT!**

To emphasize our commitment to improving the health of Oakland's schoolchildren, OUSD Nutrition Services banded together with four of the largest school districts in the nation to participate in **Better Beef Days**, serving sustainably raised beef to students during a meal of National School Lunch Week, October 11-15, 2010.

Nutrition Services made the decision to serve grass-fed beef during this annual week of school lunch awareness to show the food industry and government authorities that schools want more healthful, more sustainably produced and regionally sourced food for our children. **We remain unwavering in our commitment to good food; we just need the financial support to be able to make it a reality.**

On October 14th, OUSD served grass fed - hormone, antibiotic and pesticide free - beef hot dogs locally sourced from Coleman Ranch in Petaluma, CA in all District schools. But we took it a step further by creating an entire "Ideal Meal" for students. In addition to grass-fed beef, students feasted on locally sourced pink lady apples and carrots, along with local, free range chicken. Fresh vegetarian chili, with cornbread made right here in Oakland rounded

out the popular Ideal Meal menu which was served on recyclable trays with compostable utensils.

Overall, 21,514 students enjoyed the Ideal Meal lunch on Thursday, October 14th - almost 1000 more students than ate school lunch the Thursday before.

It's clear that students and staff enjoyed the Ideal Meal and that Nutrition Services has the will and desire to serve more "ideal" foods. What is lacking is the funding for us to do so.

Each Ideal Meal served cost approximately 1.5 times as much as a typical lunch meal. Considering that over twenty thousand lunches are served each day, that difference amounts to over five thousand dollars. That means we'd need an additional five thousand dollars, each day, to raise the bar of lunches we serve to the Ideal Meal standard.

Although an increase in funding of this magnitude is not realistic, we will continue to improve our menu and make healthful changes wherever and whenever possible. Each small step that we take will add up to big changes for our students!

## WE WALK THE TALK IN THE 2ND ANNUAL TURKEY TROT!

We all know that being physically active is important for maintaining good health, but just how much activity is "enough"?

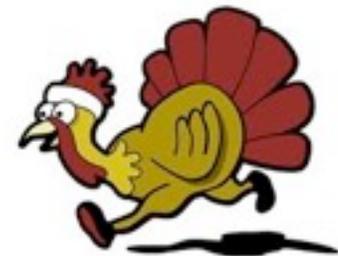
Recent studies suggest that taking 10,000 steps a day is a good start. Think that sounds like a lot? Think again. Our top steppers in the Second Annual Turkey Trot took, on average, over 12,000 steps a day! Impressive, right? We think so too. Each of the following turkey trotters was awarded a gift card, along with our kudos:

**Sherry Carpenter, High Street**  
**Swashante Dillon, High Street**  
**Silvia Fong, Stonehurst**  
**Mei Yee, Oakland High**

And congratulations also to our runners-up who also logged an impressive amount of steps:

**Bo Chee Kwong, Bret Harte**  
**Yuet Chun Mok Lee, Oakland High**  
**Gloria Torres, High Street**  
**Dora Yee, Franklin**

**Way to walk the talk ladies!**



## NUTRITION SERVICES EMPLOYEES RECOGNIZED DISTRICT-WIDE!

We know that Nutrition Services employees are the cream of the crop, and recently a few of our shining stars got the district-wide recognition that they deserve. On December 1<sup>st</sup>, at the Scottish Rite Temple in Oakland, six of our employees were acknowledged with **School Site Service Excellence Awards** in the annual OUSD employee recognition ceremony called Honoring Our Own. We are beyond proud of these honorees and grateful for the positive impact they have on our students and staff each and every school day. Three cheers!



**Olga de Lara**  
PLACE @ Prescott  
Region 1 Winner -  
Elementary School



**Sharelette Rodgers**  
Franklin/Oakland High  
Region 2 Winner -  
Elementary School



**Lydia Arias**  
Greenleaf  
Region 3 Winner -  
Elementary School



**Bonita Green**  
Oakland International  
Region 1 Winner -  
Secondary School



**Lawana Wyatt**  
Fremont Federation  
Region 2 Winner -  
Secondary School



**Michelle Chastang**  
Skyline  
Region 3 Winner -  
Secondary School

## EMPLOYEE OF THE MONTH

We are thrilled to announce our second Employee of the Month for this school year! This person was nominated for her "cheerful attitude; greeting everyone with a smile", "amazing organizational skills and follow-through" and the fact that she is "just so on top of everything!" Congratulations to our December/January Employee of the Month... (drumroll)... **Swashante Dillon!**

We are all so lucky and grateful to have Shante keeping things running smoothly at the High Street office. Shante 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. The program will run through June, 2011. Stay tuned for our February Employee of the Month!*

## LEGISLATIVE HAPPENINGS

### Healthy, Hunger-Free Kids Act of 2010 Passes!

OUSD Nutrition Services applauds the U.S. House of Representatives for passing the **Healthy, Hunger-Free Kids Act (S. 3307)**! Adopted by the Senate earlier this year, the bill will soon reach President Obama for his signature, which is expected quickly.

Although far from perfect, the \$4.5 billion dollar, ten year legislation does have a number of important provisions which include:

- Expanding the After School Meal Program to all 50 states;
- Improving direct certification and other strategies to reduce red tape in helping children obtain school meals;
- Enhancing the nutritional quality of food served in school-based and preschool settings;
- Making "competitive foods" offered or sold in schools more nutritious; and
- Increasing meal reimbursement rates by six cents per meal which will allow schools to improve school meal quality (this is the first increase above the normal inflation adjustment since 1973!)

In addition, the legislation includes \$40 million to encourage and support farm to school and garden programs!

For more information, visit <http://www.schoolnutrition.org>



## **Holiday Health & Safety Tips**

The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.

### **Wash your hands often.**

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds

### **Handle and prepare food safely.**

As you prepare holiday meals, keep you and your family safe from food-related illness. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Do not leave perishable foods out for more than two hours.

### **Eat healthy, and be active.**

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

### **Travel safely.**

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time and always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

### **Manage stress.**

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook.

Excerpted from Centers for Disease Control and Prevention, *Holiday Health and Safety Tips*  
For more information, visit: <http://www.cdc.gov/family/holiday/>

**OUSD NUTRITION SERVICES WISHES YOU AND YOURS A MOST JOYOUS HOLIDAY SEASON!**



## 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.



### BAKED SWEET POTATOES

#### Ingredients

- 2 tablespoons olive oil
- 3 large sweet potatoes
- 2 pinches dried oregano
- 2 pinches salt
- 2 pinches ground black pepper

Makes 4 servings

#### Each serving yields:

- 321 calories
- 9 grams of fiber
- 5 grams of protein

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Coat the bottom of a glass or non-stick baking dish with olive oil, just enough to coat.
2. Wash and peel the sweet potatoes. Cut them into medium size pieces. Place the cut sweet potatoes in the baking dish and turn them so that they are coated with the olive oil. Sprinkle moderately with oregano, and salt and pepper (to taste).
3. Bake in a preheated 350 degrees F (175 degrees C) oven for 60 minutes or until soft.