

FOOD FOR THOUGHT

A MONTHLY PUBLICATION OF OUSD NUTRITION SERVICES

National School Lunch Week : Oct 12th - 16th



Did you know that the federally-funded National School Lunch Program (NSLP) serves nearly 31 million children every school day, providing nutritionally balanced, low-cost and free meals to students?

The program requires school meals to meet federal nutrition standards:

- Dietary guidelines dictate no more than 30 percent of calories can come from fat and less than 10 percent from saturated fat
- Over the course of one week, lunches must provide 1/3 of the Rec-

ommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.

Locally, Oakland Unified School District has raised the bar by banning new food items that have trans-fats or high fructose corn syrup, increasing the number of schools that have salad bars, expanding vegetarian options, and procuring fruits and vegetables from local food sources whenever possible.

Established by President John F. Kennedy in 1962, National School Lunch Week is an annual celebration of the National School Lunch Program (NSLP) which provides an opportunity to highlight the important, positive role of school lunch in our nation.

What can you do to support students' good eating habits?

Teachers, Principals, and Staff:

- Visit the cafeteria during lunch
- Join students for lunch
- Teach kids about the benefits of eating a balanced diet and being active

Parents:

- Recognize that parents and school nutrition professionals share the same goals: 1) well-balanced nutritious meals for kids, and 2) creating healthy eating habits for life
- Be good role models and encourage healthy eating and lifestyles at home for you and your kids (actions speak louder than words...)

Department Highlights

We couldn't be more proud of our Nutrition Services employees; especially those who will receive Excellence Awards later this month as part of the 3rd Annual Employee Recognition Program.

Maria Cortez (Westlake), Van Hoang (Castlemont), and Connie Smith (Lincoln) were selected as **School Site Service Excellence Awardees** for being team players and significantly contributing to the Board of Education/OUSD goals for Student Results while ensuring that "all students and adults will respect one another and work together across cultures."

And **Swashante Dillon** will be given the **Central Office Service Excellence Award** for her superb customer service and for exhibiting qualities of RATER (Reliability, Assurance, Tangibles, Empathy, Responsiveness) on a daily basis.

Way to go Maria, Van, Connie, and Swashante!

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What's New?

We know that we have incredible employees here at OUSD Nutrition Services, and we're so proud and excited to show it. The **Employee of the Month** program will kick off this month and run through June, 2010.

Do you know someone who deserves to be Employee of the Month? It's easy to nominate someone; 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.

Each winner will receive recognition via this newsletter, at High St. and at his/her respective work site, a certificate, a pin of excellence and a prize valued at \$75! Small tokens of our appreciation for jobs well done!

Stay tuned for our October Employee of the Month!

Did you know that OUSD has a new website where you can download school menus and find other information from the Nutrition Services Department?

Check it out at:

<http://ousd.schoolwires.net>

Advocacy Corner

On September 17, 2009, the California Center for Public Health Advocacy (CCPHA) and the UCLA Center for Health Policy Research released the report, *Bubbling Over: Soda Consumption and Its Link to Obesity in California* (see page 3). This landmark study provides important scientific evidence of the direct contribution of sugar-sweetened beverages to California's \$41 billion obesity epidemic, and further bolsters our own district's tough stance on sodas. **Did you know that OUSD hasn't served soda in cafeterias since 2001 and that we were the first in the nation to ban the sale of sodas district-wide?** Talk about progressive! But now is not the time to rest on our laurels.

Recently, California State Senator Alex Padilla, chair of the Senate Select Committee on Obesity and Diabetes, called for expert hearings about the link between soda consumption and obesity. And the Bay Area's own San Francisco Mayor Gavin Newsom announced that he will introduce soda fee legislation this fall.

Do you support such measures? Let Senator Padilla and Mayor Newsom know that you and the entire OUSD community applaud their high regard for the public's health.

Senator Alex Padilla

(818) 901-5588

<http://dist20.casen.govoffice.com/>

Mayor Gavin Newsom

(415) 554-6141

gavin.newsom@sfgov.org

It's not too late to voice your support of 2009 Child Nutrition Reauthorization!

(Among other things, this would increase funding to expand program access and update the federal reimbursement rates as proposed by President Obama).

Please visit www.schoolnutrition.org and with a few clicks of your mouse, YOU can let your representatives in Congress and the Senate know that you support this important legislation.

Excerpts from *Bubbling Over: Soda Consumption and Its Link to Obesity*

Based on data from more than 40,000 interviews conducted by the [California Health Interview Survey](#), a new report, *Bubbling Over: Soda Consumption and Its Link to Obesity in California*, puts the spotlight on the role that sugar sweetened beverages have in the obesity epidemic.

Results indicate that 41 percent of children (ages 2 - 11), 62 percent of adolescents (ages 12 - 17) and 24 percent of adults drink at least one soda or other sugar-sweetened beverage every day. Regardless of income or ethnicity, adults who drink one or more sodas or other sugar-sweetened beverages every day are 27 percent more likely to be overweight or obese. Soda consumption rates vary from county to county and city to city, with dramatic varia-

tions between some counties and some cities. (Our own **Oakland** came in just under the state average with **44 percent of children and adolescents (ages 2-17) and 21 percent of adults drinking at least one soda or sweetened beverage every day.**)

So, what can we do? It's clear that all of us - cities, counties, businesses, health care providers, religious organizations, Congress - and each of us as individuals - need to act to help reduce consumption of soda and other sugar-sweetened beverages.

Please, drink more water, and visit the following website to find out more:

www.publichealthadvocacy.org/bubblingover

The study found that kids are easily the biggest soda consumers, a fact that does not bode well for obesity rates in the future.



A new public health advertisement in New York City.

School Based Farmers Markets

Have you heard? Students, parents, school staff and neighbors can buy fresh, pesticide-free fruits, vegetables, eggs, nuts, honey and olive oil at 12 OUSD schools every week!

The Oakland Farms-to-Schools Network has partnered with the Nutrition Services to expand this program to promote healthier school environments and to increase OUSD families' access to healthy food in their neighborhoods.

These 12 School Produce Markets will be open every week starting on October 20th. Come check them out!

TUESDAYS

Franklin (2:00-5:45)

Garfield (2:30-6:00)

New Highland and RISE (2:15-6:00)

Bridges (2:30-6:00)

WEDNESDAYS

Manzanita Community and Manzanita SEED

(2:15-5:45)

Global Family and Learning Without Limits (1:00-5:45)

Community United and Futures (12:30-5:45)

Esperanza and Korematsu (1:15-5:45)

Melrose Leadership Academy (12:30-4:00)

THURSDAYS

Hoover (2:15-6:00)

East Oakland PRIDE (2:15-6:00)

Parker (2:00-5:45)

Expect Success.

every student. every classroom. every day.



OUSD Nutrition Services
900 High Street
Oakland, CA
94601

Phone: 510-879-8344
Fax: 510-879-1779
<http://webportal.ousd.k12.ca.us>

OUSD Nutrition Services continually strives to create a world class Nutrition Services team that is recognized as the best in 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 80% percentile in Reliability, Assurance, Empathy, and Responsiveness.

We - administrators, supervisors, managers, and staff - are committed to expanding and improving our service and stand behind our product 100%.

Comments or suggestions about *Food for Thought*? We'd love to hear from you.

Please email ericka.doolittle@ousd.k12.ca.us

Employee Wellness

Last school year, we gave you pedometers and sent you on the road as part of the inaugural Walk to Denver program. And walk to Denver you did; together you logged over 18 ½ million steps between August and May. That's right, 18 ½ MILLION! We got fit, we had fun, we won prizes and... we hope you're ready to do it again.

This time, however, it's not about seeing how long it takes to get to Denver, rather how far YOU can go in a short amount of time.

We're calling it the **Turkey Trot** and it'll work like this: we'll pick two weeks this fall and send you on your way. The top steppers at the end of those two weeks will walk away with a delicious Thanksgiving basket just in time for the holidays.

So lace up those walking shoes, and stay tuned for details. The Turkey Trot is coming in November....gobble gobble!

