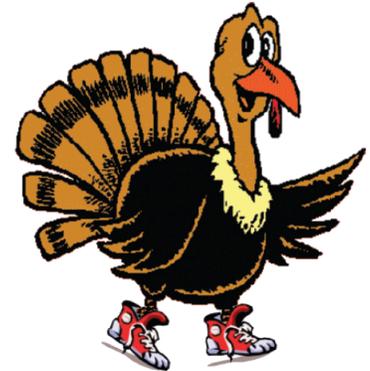


FOOD FOR THOUGHT

A MONTHLY PUBLICATION OF OUSD NUTRITION SERVICES

The Turkey Trot!

- Who:** OUSD Nutrition Services Employees (that means YOU!)
- What:** The Turkey Trot kicked off on Nov 1st! It's a fun way to be active by walking or doing any other physical activity.
- How:** Strap on your pedometer, use a log sheet, and get active! (If you need a pedometer, you can pick up a free one from 900 High Street any time between now and November 10th) Questions? Contact Joyce Peters at 879-1854.
- When:** Track your walking and other activities from November 1st – 15th. Then fax (879-1779) or drop off your completed log sheet by November 17th.
- Where:** Everywhere!
- Why:** You'll get more fit, reduce stress and the **top participants will win a Thanksgiving Meal Basket, awarded on November 20th**



Did you know the average person eats at least 4500 calories on Thanksgiving Day?!

(But the average daily recommendation is only 2000 calories!)

Now is the time to get active. Join us on the Turkey Trot today!

Gobble Gobble!

District News

As the District continues every reasonable option to contain the rise in health care and benefits costs, one approach has been to ensure that OUSD pays benefits for eligible dependents only.

To this end, OUSD began an internal Dependent Verification Audit of our employee benefits programs through American Fidelity Assurance (AFA) auditing service. This audit is a requirement for every OUSD employee and is a vitally important process in ensuring that District resources are being used appropriately and effectively.

Have you taken care of your benefits audit? If you fail to do so by November 13, 2009, your dependents may be terminated from coverage effective January 1, 2010. Please schedule your audit as soon as possible. It's simple and will take fewer than 30 minutes. During a confidential, one-on-one meeting with an AFA benefit counselor, you will need to provide documents such as marriage license, birth certificates, etc as applicable to your beneficiaries, that's it. Please call the AFA at 1-800-365-8306, ext. 0, to schedule your appointment.

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Employee of the Month

The **Employee of the Month** program kicked off last month and we are so thrilled to announce our first recipient for the 2009-2010 school year.

This person was nominated for her “positive communication skills”, “her willingness to try/test out new foods on the menu” and the fact that she “works well with everyone and is 99.99% on time and present”! Congratulations to our November Employee of the Month... (drumroll)... **Sharelettee Rodgers!**

The Franklin Elementary School community is so grateful to have a wonderful employee like her working with their students and staff!

Sharelettee will receive recognition at High St. and at her respective work site, a certificate, a pin of excellence and a prize! Small tokens of our appreciation for a job very well done!



Sharelettee Rodgers

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>

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. The program will run through June, 2010.

Stay tuned for our December Employee of the Month!

What's New?



We're pleased to announce the launch of our Elementary School Pilot Lunch Menu! Developed by Director **Jennifer Le-Barre** and Senior Consultant, **Tim Beecroft**, the pilot was designed to expand and enrich students' eating experiences.



Featuring global entrees inspired through Asian, Latin, Italian and American favorite recipes, the menu will stimulate students' pallets with new seasonings, and flavor combinations making it similar to a restaurant experience.



In the coming months, students at our pilot school will be able to try Broccoli Beef, Korean BBQ Chicken, Chicken Tostada, Beef Enchiladas, Meatloaf, Penne Bolognaise; all without having to give up their Peanut Butter and Jelly, Grilled Cheese and Corn Dog favorites.

Special mention goes to Manager **Siliva Fong** and her staff at the Stonehurst campus for supporting the change and ensuring its success. Thank you Silvia! Depending on student and staff response to the pilot menu, it may be rolled out to other school sites in the future. Stay tuned.

Ready, Set, Cook!

Select Oakland schools receive cooking carts

This September and October, 21 Harvest of the Month schools received cooking demonstration carts, with more still to be shipped. The carts are funded by the Alameda County Public Health Department - Nutrition Services and outfitted and maintained by OUSD Nutrition Services.

Each cart is a fully-stocked rolling kitchen with a two-burner electric stove and tilting

mirror which enables children to see all the action. The cart also includes earth-friendly compostable paper goods (plates, utensils, napkins) and “green” cleaning supplies. For hands-on lessons, there are classroom sets of knives and flexible cutting boards.

This school year, look for Oakland’s new junior chefs learning to cook tasty, healthy recipes for their families,

Champions for Change parent groups sharing ideas with their public health nutrition mentors, and food demonstrations at school farmers’ markets.

Harvest of the Month schools will continue to get special lesson materials and tastings for teachers to introduce new fruits and vegetables to students. With cooking carts, we have an exciting new tool for nutrition education. After all, the best way to teach children good nutrition is through their stomachs.

School Based Farmers Markets

Don’t forget to support your local school based farmers markets. Find the market nearest to you and delicious produce awaits!

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)

Meatless Mondays are coming!

OUSD Nutrition Services continues to push the envelope in terms of improving the quality, flavor, and healthfulness of the food our students receive, and 2010 will be no exception. Our Elementary and Middle Schools will be going “meatless” one day a week, starting in January! This will allow us a positive way to introduce healthy options to students including new and exciting entrees and sides which highlight beans, milk, grains and a wide variety of fruits and vegetables.

Read on to learn more about “**Meatless Mondays**” and the health and environmental benefits of consuming less meat (excerpted from <http://www.meatlessmonday.com/>)

Health Benefits

- **REDUCE RISK OF CHRONIC DISEASE.** Beans, peas, lentils, nuts and seeds contain little to no saturated fats. Reducing your intake of saturated fats can help keep your cholesterol low and reduce your risk of heart disease.
- **MAINTAIN HEALTHY WEIGHT.** A plant-based diet is a great source of fiber, which is absent in animal products. Foods rich in fiber make you feel full with fewer calories, resulting in lower calorie intake and less overeating.

Environmental Benefits

- **REDUCE YOUR CARBON FOOTPRINT.** The meat industry generates nearly one-fifth of the man-made greenhouse gas emissions that are accelerating climate change worldwide . . . far more than transportation.
- **MINIMIZE WATER USAGE.** The water needs of livestock are tremendous, far above those of vegetables or grains. An estimated 1,800 to 2,500 gallons of water go into a single pound of beef. Soy tofu produced in California requires just 220 gallons of water per pound.

Expect Success.

every student. every classroom. every day.



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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

Seasonal Recipe: Pumpkin Black Bean Soup

Prep and Cook Time: 45 minutes

Ingredients:

- 3 (15 ounce) cans black beans, rinsed and drained
- 1 (16 ounce) can diced tomatoes
- 1/4 cup butter
- 1 1/4 cups chopped onion
- 4 cloves garlic, chopped
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 cups beef broth
- 1 (15 ounce) can pumpkin puree
- 1/2 pound cubed cooked ham
- 3 tablespoons sherry vinegar

Optional: Sour cream and chives (to taste)



Each serving of this filling soup has 278 calories, only 10 grams of fat, 28 mg cholesterol and 7 grams of fiber! Enjoy!

Preparation:

1. Pour 2 cans of the black beans into a food processor or blender, along with the can of tomatoes. Puree until smooth. Set aside.
2. Melt butter in a soup pot over medium heat. Add the onion and garlic, and season with salt and pepper. Cook and stir until the onion is softened.
3. Stir in the bean puree, remaining can of beans, beef broth, pumpkin puree, and sherry vinegar. Mix until well blended, then simmer for about 25 minutes, or until thick enough to coat the back of a metal spoon.
4. Stir in the ham, and heat through before serving. Top with sour cream and chives to taste.

Yield: 9 one cup servings