

FOOD FOR THOUGHT

A MONTHLY PUBLICATION OF OUSD NUTRITION SERVICES

Farm to School work is happening!

Stay tuned for upcoming meetings

YOU ARE INVITED



Farm to School Community Conversation
 Community Alliance with Family Farmers (CAFF) and Oakland Unified School District Food Service invite you to a workshop to learn about OUSD's Farm to School work. Learn about school food and participate in a community discussion about Farm to School. Dinner will be served by OUSD Food Service.

Thursday, January 28, 2010, 5:00 PM - 8:00 PM
 Hunter Hall, 4th Floor
 1025 2nd Avenue, Oakland

Many more meetings to come!

Are you a Farm to School champion? You might just be if you...

Think more kids should learn about local agriculture OR would like more fresh, local produce in OUSD!
 Please join us in this community conversation to move forward with Farm to School.

The Turkey Trot!

Here at Nutrition Services, we have a lot for which to be thankful. Not the least of which is the health of our employees.

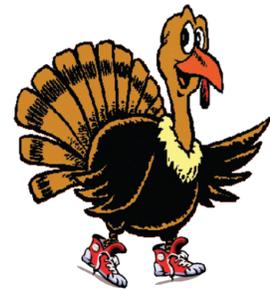
Just before Thanksgiving, we launched the Turkey Trot challenge to encourage everyone to "trot" more. Well, "trot" we did. Over 15 employees took part in the challenge, tracking their steps with pedometers for two weeks. The top steppers were awarded a grocery store gift card to purchase holiday groceries. But in the end, everyone who participated was a winner! Just by walking a bit more, we burned calories, conditioned our muscles and helped reduce stress. Well done, everyone. Here's to a happy, healthy 2010!

Turkey Trot Winners:

- Sherry Carpenter
- Sylvia Fong
- Sammy Lia Liu
- Davoria Williams

Participants:

- Genois Newman Jenny Situ
- Lorena Torres S. Jacobs
- Jessie Garcia Mrs. Dixon
- Timiza Battiste Donnie Barclift
- Elizabeth E. Coy Donna M. Irby
- Olga Velasquez



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Employee of the Month

We're thrilled to announce the first recipient of our Employee of the Month award for the first two months of this new decade: **Jessica Gipson** of La Escuelita Elementary School!

Jessica, our January/February winner, has been selected for her welcoming and positive attitude, her wonderful relationship with students and staff, her support of good nutrition, her strong work ethic, and how could we forget...her beautiful, friendly smile! Congratulations

Jessica!

Do you know an OUSD NS Employee 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 510-879-1779 .

Each Employee of the Month receives a certificate, a pin of excellence and a gift -- small tokens of our appreciation for a job well done!



Jessica Gipson

Nutrition Services News: *Of closed campuses, audits and politics...*

In an effort to ensure student safety and address truancy issues, Oakland Unified School District has implemented a 'closed campus' lunchtime program at several schools including the Castlemont Community of Small Schools. Under the guidance of district leadership and school principals, this program was implemented on November 30, 2009.

Due to the resulting increased number of students eating lunch on campus, Nutrition Services responded by improving upon and expanding service areas. **Castlemont now boasts a new grill area as well as an area where students can eat made-to-order sandwiches, the most popular entrée selection.**

In addition, Nutrition Services continues to test new food items to guarantee that students are happy with the offerings. A huge thank you to all of the Nutrition Services staff who have made this possible including, but not limited to: Frances Terrell, Cafeteria Manger; Deborah Shahbazzpour, Field Supervisor; and Tim Beecroft, Consultant!

It's that time again! On March 5, 2010, The California Department of Education, Nutrition Services Division will begin **an audit of our childcare food program**. Mandated every three years, this food audit includes surprise site visits, and a detailed review of paperwork including meal applications and attendance sheets. Nutrition Services is working closely with the Early Childhood Education Department to ensure positive audit findings and we appreciate that all Nutrition Services staff continue to follow procedures and make the district proud.

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.

Come On, Get Happy!

Reeling from recent study results that ranked New York as the least happy state in the nation, the good people at New York Magazine began a quest to cheer New Yorkers up. They asked doctors, healers, and experts in various fields for simple suggestions to up the collective happiness quotient of the Empire State. Out came 50 ideas that are inexpensive, fast and above all, easy. Here are our fifteen favorite ideas to get you on the road to happiness right here in the Bay Area.

1. When you're stressed, press two fingers to the acupuncture point right under the middle of your collarbone and breathe.

2. Make your bed. Go figure, but outer order contributes to inner calm. Start each day with a concrete, albeit tiny (and therefore manageable!), accomplishment.

3. Move your body for 45 minutes three times a week. Doesn't matter what kind of exercise you're doing. Just keep moving.

4. Eat one ounce of dark chocolate a day. It's the new superfood.

5. Collect visual memories of moments when you were incredibly happy, and close your eyes and picture them when you need a boost. The mind needs images to access feelings.

6. Give the people pushing in the subway or rushing in the streets the benefit of the doubt by imagining that it is really important for them to get where they are going.

7. Carry yourself more erect. Poor posture is a self-fulfilling prophecy of gloom. You can improve your outlook and confidence simply by improving your posture.

8. Start an old-fashioned correspondence with a friend. Handwriting a letter forces you to express yourself in a totally different way.

9. Paint your walls yellow, a color associated with cheerfulness and sunlight (not a bad thing in the dreary days of winter.)

10. Spend some time with animals.

11. Never clean your plate at a restaurant. Take home a doggie bag.

12. Put down the BlackBerry and engage in small talk. There is simply no social-networking site that can replace that connection.

13. If you see a parking cop working his or her way up the street, put a quarter into someone's expired meter.

14. Surround yourself with things that smell like green apple or cucumber, two scents that have been proven to reduce anxiety and boost mood.

15. Pause. Allow your neck to relax, your nose to slowly lower, and the crown of your head to rise. Notice extra tension and release it. Breathe fully and slowly; smile.

Excerpted from 50 Steps to Simple Happiness, New York Magazine, January 10, 2010

To see all 50 Steps, visit: <http://nymag.com/health/>

National School Breakfast Week is coming!

Mark your calendars to help us celebrate National School Breakfast Week from March 8th – 12th!

To kick the week off, and to honor Dr Seuss on what would have been his 106th birthday, elementary school students will get to taste his infamous Green Eggs and Ham. In addition, OUSD Nutrition Services is partnering with Alameda County Public Health Department to sponsor a local School Breakfast Art Contest. Encourage students to enter by using the entry form on the back of the March Elementary School Breakfast Menu. And stay tuned for more details on promoting the most important meal of the day!



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

Seasonal Recipe: Spicy Citrus Chicken

Ingredients

- 1/4 cup orange juice
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh thyme
- 2 teaspoons minced garlic
- 1 teaspoon grated orange rind
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 pound skinless, boneless chicken
- 1 tablespoon olive oil
- Cooking spray
- 6 cups bagged prewashed baby spinach

Preparation

Combine first 8 ingredients in a small bowl, stirring well with a whisk. Pour 1/4 cup juice mixture into a large zip-top plastic bag. Add chicken to bag. Seal; let stand 5 minutes. Add oil to remaining juice mixture; stir well with a whisk.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Remove chicken from bag; discard marinade. Add chicken to pan; cook 4 minutes on each side or until done. Place 1 1/2 cups spinach on each of 4 plates. Divide chicken evenly among servings; top each serving with 1 tablespoon juice mixture. Enjoy!

Yield: 4 servings

Nutritional Information:

- Calories:183
- Fat:4.9g
- Protein:27.4g
- Carbohydrate:7.1g
- Fiber:2.1g

This spicy marinade works equally well with fish or pork!

