

FOOD FOR THOUGHT

A MONTHLY PUBLICATION OF OUSD NUTRITION SERVICES

Breakfast happenings



Lan Vuong and "Cat in the Hat" Silvia Fong

Oakland Unified School District elementary students started their day right with a special school breakfast on March 2. Nutrition Services mixed cooked spinach with scrambled eggs for green eggs and ham, to honor the 106th anniversary

of Dr. Seuss' birth. The annual celebration is sponsored by the National Education Association's Read Across America Day.

Loved by generations of American children, **Green Eggs & Ham** and **the Cat in the Hat** are perennial favorites in lists of the best in children's literature. With a mere 50 words, **Green Eggs and Ham** tells the story of a persistent Sam who convinces an un-named stubborn being to just try something new. The story ends with "I do so like green eggs and ham! Thank you! Thank you, Sam-I-am!" - a great nutrition message for young students as we try to entice them to eat healthy foods.



Green Eggs and Ham

Our *Ready, Set, Go!* Breakfast Art Contest proved to be a huge success as the judges are sifting through all 513 entries from kindergarten through 8th grade students. Stay tuned to see which students take first place (and win bikes), who takes honorable mention, and who will go on to represent OUSD in the national competition!

Are you ready to Spring into Health?

Spring has sprung folks! And there is no time like the present to stow away those winter clothes and embrace the new season with open arms.

As seedlings start their journey to become full blown plants, Spring is naturally a time to consider where we are on our own journeys by taking stock of our physical, mental and emotional well-being. As such, we're pleased to announce

Spring Into Health, an employee wellness program that kicks off this month.

What is it, you ask? Well, it's an opportunity for you to seize Spring Break and get active. That's right, starting April 5th, we're asking you to strap on your pedometer and log your steps daily for the next two weeks. And remember, all activities count—not just walking and jogging. The time you spend participating in

activities like tai chi, dancing and gardening can easily be converted into steps (see the log sheet for more information).

Log sheets are due by 5pm, April 25th and lucky Spring steppers will receive gift cards!

If you haven't received a log sheet or need a pedometer, stop by 900 High Street today to pick them up. Happy Spring!

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Earth Day & the **greening** of Nutrition Services



This year marks the 40th anniversary of the first Earth Day, which is generally recognized on April 22nd. We're proud to announce that Nutrition Services, like many ecologically minded departments, has made a commitment to "greening" our practices.

Positive changes that we've made include:

- Developing strategies to increase the procurement of organic, local produce. Nutrition Services continues to work with Community Alliance of Family Farmers (CAFF) on expanding a Farm to School program. (For more information: <http://www.caff.org/programs/farm2school.shtml>)
- Implementing *Meatless Mondays* at all elementary and middle schools. Going meatless one day a week not only improves the health of our students, it reduces our carbon footprint, minimizes water usage, and helps to reduce fossil fuel dependence. (For more information: <http://www.meatlessmonday.com/>)
- The commitment to stop printing and distributing monthly menus starting in the 2010-2011 school year. This change is projected to save the district (and the planet) over 85 reams of paper each month!

Want to get involved? On April 17th and 18th, join millions of people from around the world to make your community cleaner and healthier during global days of service. For more information on how you can get involved right here in Oakland, check out: www.oaklandearthday.com

America's Move to Raise a Healthier Generation



By now, we've all heard the startling statistics:

Childhood obesity or excess weight threatens the healthy future of one third of American children.

We spend \$150 billion every year to treat obesity-related conditions, and that number is growing.

Obesity rates tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents.

Well, First Lady Michelle Obama has five words for the American public: "We need to get moving".

As such, she is spearheading *Let's Move*, a campaign with an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

Let's Move will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of the country

Join Mrs. Obama, community leaders,

teachers, doctors, nurses, moms and dads in this nationwide campaign to tackle the challenge of childhood obesity.

Learn more and get moving by visiting: www.letsmove.gov



BBQ on the Quad!

In our efforts to enhance the Nutrition Services food program we introduced The “BBQ on the Quad” program to Middle Schools this year, and the teachers and students have responded enthusiastically

Travelling to various schools on a scheduled basis, the BBQ program allows for the purchase of a meal that features a choice of burger, veggie burger, hot links or chicken with sides that may include BBQ beans, salad, corn on the cob, fruit salad, grilled veggies and/or fresh fruit. All of this for the same price of the standard lunch meal.

Check out the schedule of the travelling BBQ program for the remainder of the school year, and we’ll see you on the quad!

YES	2-Apr
URBAN PROMISE	14-Apr
SKYLINE	16-Apr
ELMHURST	21-Apr
MADISON	23-Apr
DEWEY	30-Apr
COMMUNITY DAY	7-May
CLAREMONT	14-May
RUDDSDALE	21-May
MONTERA	27-May
SIMMONS	4-Jun

Department News: Of meal improvements and farmers markets

How exactly is Nutrition Services working steadfastly to improve the health of OUSD students?

As an example, let’s focus on the current availability of fresh fruits and vegetables at our schools:

Did you know...?

- **There are salad bars at 52 school sites**
- **Fresh fruit is offered daily at breakfast**
- **Fresh produce is offered daily at lunch**
- **A fresh fruit and vegetable grant provides extra servings of healthy fruit and vegetable snacks at two school sites**
- **Nutrition Services purchases a majority of the produce it serves from California and local farms**

Not bad, huh? Stay tuned for more updates and improvements. We’re 100% committed to the health of our staff and students!

Visit a School Based Farmers Market today!

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)

Have you checked out our new and improved Nutrition Services department web page?

Visit www.ousd.k12.ca.us and click on the Departments tab to find Nutrition Services.

There you’ll be able to download school menus, check current events and links, and everything in between!

Looking for our April Employee of the Month? Don’t worry, we didn’t forget.

Make sure to check out the May edition of Food For Thought where we will highlight our Employees of the Month for both April and May!



Expect Success.
every student. every classroom. every day.



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Thanks to Harry LeBlanc for suggesting the name of this publication.

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 at ericka.doolittle@ousd.k12.ca.us

Seasonal Recipe: Tzatziki (Cucumber Dip)



Tangy and refreshing, this cucumber dip is called tzatziki in Greek. Here, it's served with crisp baked pita wedges, but it also goes well with vegetables and more.

Prep Time: 20 minutes

Chill Time: 2 hours

Ingredients:

2 cups regular or low-fat plain Greek-style yogurt*

1 medium English cucumber, peeled, seeded and grated

2-3 cloves garlic, minced

1-2 tablespoons olive oil

1-2 tablespoons minced, fresh dill

1-2 tablespoons minced, fresh mint

6 pita breads, cut horizontally in half, then cut into wedges

Salt and/or Lemon juice to taste

Preparation:

1. Lay grated cucumber on a plate lined with paper towels; allow to drain 1 to 2 hours.

2. Combine the yogurt, cucumber, garlic, olive oil, dill, and mint in a bowl. Refrigerate for at least 2 hours before serving.

3. Preheat oven to 400°F. Place pita wedges on baking sheets. Brush with olive oil. Bake until crisp, about 10 minutes. Cool. (Can be made 1 day ahead. Store pita airtight at room temperature.)

4. Season cucumber dip with lemon juice and salt to taste. **Enjoy** with warm pita wedges.

Yield: 6 servings

* Non Greek-style yogurt can be substituted but will need to be drained first. Cheesecloth, coffee filters or paper towels placed over bowls work well. Allow yogurt to drain overnight.