

FOOD FOR THOUGHT

A MONTHLY PUBLICATION OF OUSD NUTRITION SERVICES

We're Celebrating! National School Breakfast Week is March 8 – 12!

By now, most of us have heard the research; eating breakfast can improve a student's memory, test scores, school attendance and cut down on visits to the school nurse. In addition, children who eat breakfast each day have a higher intake of vitamins and minerals and maintain a healthier weight than those who skip. Sadly, too many students continue to miss out on the most critical meal of the day.



Therefore, it is with great enthusiasm that OUSD Nutrition Services announces that we are participating in "School Breakfast – Ready Set Go!," a campaign to reinforce the importance of school breakfast and demonstrate how eating a school breakfast prepares students for

a busy day at school. The campaign culminates during National School Breakfast Week, March 8 to 12, 2010.

Here are some of the exciting events planned to celebrate school breakfast in Oakland schools:

March 2nd:

Elementary students can enjoy a school breakfast of "green eggs and ham" in honor of Dr. Seuss's birthday.

March 2nd – 15th:

All K-8 students are encouraged to enter our school breakfast **Art Contest**. Official entry forms can be found on the back of the March elementary breakfast menu, as well as on the district webpage. Entries must be turned into the school's cafeteria manager no later than March 15th.

March 8th – 12th:

Students will power up with delicious mighty muffins, enjoy souped-up cereal, and fuel up with French toast!

Meatless Mondays

In January, our Elementary and Middle Schools started going "meatless" one day a week allowing us to highlight healthy vegetarian options to students including new and exciting entrees and sides which feature beans, milk, grains and a wide variety of fruits and vegetables.

This change not only improves students'

health, it has a direct beneficial impact on the environment.

In fact, PETA (People for the Ethical Treatment of Animals) calculates that the annual impact of Meatless Mondays on OUSD will result in:

- reducing carbon emissions by 955,000 kg
- cutting water usage by 168 MILLION gallons

- and saving over 50,000 animal lives

Now that's something we can be proud of!

For more information about "Meatless Mondays" and the health and environmental benefits of consuming less meat, please visit:

www.meatlessmonday.com

Inside this issue:

Employee of the Month	2
Harvest of the Month	2
Cooking Up A Storm!	3
Department News	3
Nutrition Services' Mission	4
Seasonal Recipe	4

Employee of the Month



Frances Courtney

OUSD Nutrition Services continues to be impressed by and proud of each and every one of our wonderful employees. The popular Employee of the Month program, however, is just one opportunity for us to take our appreciation a step further and

shine the spotlight on a dedicated staff member. For the month of March, we are thrilled to recognize someone who “consistently steps up and helps out without being asked”, “has a great attitude with student workers”, “keeps everything running smoothly” and, amazingly, “hasn’t missed a day of work in 5 years”!

Congratulations to our newest Employee of the Month....**Frances Courtney!**

The Oakland Tech community is blessed to have Frances on their team as is the department of Nutrition Services. Frances will receive recognition at High St, a certificate, a pin of excel-

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!

lence and a prize!

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 or on the Nutrition Services Department page on the district website, and either drop it in the nomination box at High Street, email it to ericka.doolittle@ousd.k12.ca.us, or fax it to 879-1779. The program will run through June, 2010.

Harvest of the Month

The popular Harvest of the Month program heads into Spring having featured delicious seasonal produce such as **Swiss chard** (November), **kidney and garbanzo beans** (December), **grapefruit** (January) and **beets** (February) during our chilly winter months.

Upcoming produce will include:

- delightful crunchy **bell peppers** in March. Did you know that ounce for ounce, red and yellow bell peppers have more vitamin C than an orange?
- seriously cool **cucumber** in April. For a refreshing thirst quencher, add slices of cucumber to ice cold water!

- sweet **berries** of all kinds in May. How many types of berries can you name?
- finger-licking fantastic **corn on the cob** in June. Nothing says summertime like tasty, farm fresh corn.

The Harvest of the Month program presents a strategic opportunity to 'bring it all together' by uniting the classroom, cafeteria, home and community, to promote healthier habits for students and their families, especially those in low resource schools. Thank you for your support!

For more information, please visit www.harvestofthemonth.com



Cooking up a storm!

What has four wheels, a blender and can be found in 35 OUSD schools? A cooking cart! Funded by Alameda County Nutrition Services, the flashy, stainless steel cooking carts have been rolling through Oakland school hallways en route to classrooms since the beginning of the school year. They are fully equipped with two burners, working space to cut and chop, a cabinet below for appliances, and an overhead mirror to help students see cooking in action.

We're thrilled that so many educators have stepped up to the challenge of cooking with their students. Read on for a few awesome examples:

- At **Madison Middle School**, Sharon King's afterschool cooking class has grown exponentially from five to over 40 students since she started using the cart.
- Ally DeArman, the Produce Market Manager for Learning without Limits and Global Family Schools on the **Jefferson Campus**, read the book Stone Soup to students and then made vegetable soup with the secret ingredient: a "magic" stone! The lesson went so well, other classes have been clamoring for the same.
- At a Healthy Eating, Healthy Weight class at Edna Brewer Middle School, the students prepared hard boiled eggs and oatmeal. They were

challenged to practice at home what they learned in their class.

Overall, the cooking carts are a terrific resource for all participating OUSD schools, inspiring many to find new creative ways to make learning more fun.

Excerpted with permission from Healthy Living Today, Nori Grossmann

Department News: Of Employee Wellness and CAFF

It's raining cats and dogs, the cherry blossoms and daffodils are in bloom, and we're happily bidding farewell to flu season. That's right, folks, springtime is near. In fact, the first day of Spring is March 20th, only a few weeks away.

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 we'll be kicking off in March and April! Stay tuned!

Confused about the term "farm to school"? Read on to find out what it is, how it affects OUSD, and how you can get involved.

What is Farm to School?

Farm to School Programs connect farms with school cafeterias and classrooms. These programs can

include everything from farm field trips to nutrition education in the school garden to farm-fresh salad bars. The programs vary by site, but fall into two main categories: Farm to School Education, and Farm to School Produce Distribution. A comprehensive Farm to School program puts both elements together - fresh, locally grown produce appears on the school menu, while students learn about local agriculture.

Is this happening in OUSD?

YES! Nutrition Services is partnering with Community Alliance with Family Farmers (CAFF) to analyze possibilities and begin purchasing produce from local farmers for school meals. School garden coordinators and partners like Alameda County Nutrition Services are providing nutrition education in select schools, and CAFF may provide

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)

farm-fresh education in the future

How can I get involved?

Stay informed! Visit <http://sites.google.com/site/caffoused> for event announcements.

And spread the word about changes in the school menu. The more people excited about Farm to School, the better!

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: Roasted Asparagus



Prep and Cook Time:
25 minutes

Ingredients:

- 2 bunches asparagus (about 2 lbs.)
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/3 cup packed freshly shredded parmesan cheese
- 2 teaspoons fresh lemon juice

Preparation:

1. Preheat oven to 475°. Hold the end of an asparagus stalk and bend until it snaps off. Repeat with remaining stalks and discard woody ends.
2. Toss asparagus with olive oil, sprinkle with salt and pepper, and toss well. Arrange asparagus in an even layer in a shallow baking dish. Sprinkle with parmesan cheese and bake until asparagus is crisp-tender and cheese is browned, about 10 minutes. Sprinkle with lemon juice. Serve hot or warm.

Enjoy!

Yield: 6 servings

Each serving has only 84 calories, but packs a healthful punch with 7 grams of protein, 1 gram of fiber, vitamins A and C, and iron.

Do you have a healthy dish you'd like to share? Please send to ericka.doolittle@ousd.k12.ca.us Here's to healthy eating!