

FOOD FOR THOUGHT

A MONTHLY PUBLICATION OF OUSD NUTRITION SERVICES

Employees of the Month!

We absolutely love recognizing the efforts of our wonderful employees and we're especially thrilled to announce the most recent recipients of the Employee of the Month award.

The Employee of the Month for May was **Barbara Blow** of Bella Vista Elementary School! Barbara was lauded for her commitment to the Harvest of the Month and recycling programs, her excellent communication skills and, of course, her cheerful attitude.

Our Employee of the Month for June is **Michelle Chastang** for her exemplary service at Garfield Elementary School! Michelle was nominated for her positive attitude, willingness to

go above and beyond the call of duty and her efforts to beautify the cafeteria.

Congratulations to both of these outstanding employees. Each of these fabulous women received a certificate, a pin of excellence and a gift card. Small tokens of our appreciation for jobs well done!



Barbara Blow

Congratulations to all of our Employees of the Month for the 2009-2010 School Year!

Sharelette Rodgers Nov/Dec
 Jessica Gipson Jan/Feb
 Frances Courtney Mar
 Barbara Blow Apr
 Michelle Chastang May/Jun



Michelle Chastang

Spring into Health!

Spring has indeed sprung, and even the lingering April showers couldn't keep our employees down! From April 5th through April 19th, many of our OUSD Nutrition Services employees took part in the *Spring into Health* program. They strapped on pedometers and logged their steps for two weeks, keeping track of their physical activity (everything from dancing to gardening). The participants with the most steps each received a gift card.

Congratulations to our top 5 "Spring Steppers"!

Swashante Dillon
 900 High Street

Silvia Fong
 Esperanza/Korematsu Elementary

Yuet Chun Mok Lee
 Oakland High School

Olga Velasquez
 Sobrante Park Elementary

Mei Yee
 Oakland High School

Inside this issue:

Soda Free Summer	2
Department Happenings	2
The Food Miles Project	3
Advocacy Corner	3
Nutrition Services' Mission	4
Seasonal Recipe	4

It's Soda Free Summer time!

Did you know the average person eats almost 100 pounds of sugar a year, and the single biggest source is sugary drinks?

It's no wonder that two out of three Americans are overweight or obese. Extra calories from all that sugar lead to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.

Did You Know?

Americans spend \$56 billion annually on purchasing sugary drinks!



That's why we at OUSD Nutrition Services are supporting **Alameda County Public Health Department Nutrition Services**, along with five other Bay Area counties in the regional **Soda Free Summer** campaign!

Join us! Challenge yourself to make a difference in your health this summer!

Did You Know?

Drinking just one 20-ounce bottle of soda each day for a year, everything else being equal, can result in gaining 25 extra pounds!

Instead of soda, or other sweetened beverages, commit to drinking:

- Water (every day – all you want)
- Non-fat or low-fat milk
- 100% fruit juice (limit juice to ½ cup)
- Unsweetened iced tea

For more information about going soda free this summer, check out www.sodafreesummer.org and find *soda free summer* on facebook and twitter.

Department Happenings

OUSD Nutrition Services is proud to take the lead once again in the **Summer Feeding Program** throughout the city. Dozens of school sites will serve both a.m. snack and lunch to thousands of school-aged children during the summer months. For more information, including locations of summer feeding sites, please call (800) 870-FOOD (3663)

Partnering with Alameda County Public Health Department, Nutrition Services, we're delighted to announce that the immensely popular **Harvest of the Month program** will return to select elementary and middle schools next school year. Check out the schedule of delicious, seasonal produce that some lucky students will get to taste in class!

September – tomatoes	February – broccoli
October – apples	March – peas
November – persimmons	April – spinach
December – sweet potatoes	May – strawberries
January – citrus	June – peaches

You're invited to an annual review of the work of the **Oakland School Food Alliance** and **OUSD Nutrition Services!**

State of the Plate

Thursday June 3rd, 3:30—5:00 pm
Met West High School 314 East 10th Street Oakland, CA

Food For Thought will resume publication in September.

Enjoy the summer!

The Food Miles Project

Food miles are the distance food travels from field to fork. The average U.S. meal travels 1,500 food miles. That distance has consequences for the environment. Just ask Ms. Loeser's 5th grade class at Cleveland Elementary School.

After growing their own vegetables in Cleveland's school garden, the fifth graders enjoyed a low-impact, local meal courtesy of Arizmendi. The neighborhood bakery co-op, walking distance to the school, turned the kids' garden veggies into pizza! After enjoying that very local meal, the students tracked the food miles in a school lunch. They found the items on the menu had traveled

approximately 10, 260 miles total, coming from as far away as Mexico and Minnesota!

The class then presented their findings to Jennifer LeBarre, Nutrition Services Director, who welcomed the information.

When last year's fifth graders alerted her that the asparagus served at lunch had traveled 18,000 miles, Ms. LeBarre decided things needed to change. She started a relationship with CAFF (Community Alliance of Family Farmers) to get fresh, local produce into our schools, bringing the future of school food that much closer to home.

- Article provided by Mary Loeser, Sarah Stephens, & Mary Schriener



OUSD has set the goal of increasing local purchases in the district to 25% fresh and local!

During the 2010-2011 school year, we will be focusing mostly on "side of the plate" purchases (salad bars, hand-held fruit, vegetable sides), featuring Harvest of the Month/Cafeteria Crop produce, and developing a Farm to School educational plan.

Advocacy Corner

The Senate version of **Child Nutrition Reauthorization (CNR)** is out of committee but still waiting in the wings, and the House bill has yet to be introduced into committee. With a crowded summer Congressional calendar there is concern that we will miss the current September 30 deadline for renewal.

In response to this, Representatives McGovern (D-MA) and Emerson (R-MO) drafted a letter urging Speaker Pelosi to identify funding sources to reach the desired \$10 billion for child nutrition as recommended in the President's FY 2011 budget. **As of May 10th, we are pleased to announce that 221 House members have signed on to the letter - providing majority support for increased funding and movement of the bill!**

Similarly, in the Senate, Ag Committee Chair Lincoln and Ranking Member Chambliss are circulating a "Dear Colleague" letter urging their leadership to bring a Senate CNR bill to the floor. **What can you do? Show your support for Lincoln, and Chambliss and implore your representative to support the CNR bill.** You can send a simple email here: www.schoolnutrition.org/LegislativeAction.

- Excerpted from <http://www.schoolfoodfocus.org/>

"We are thrilled that the White House recently released a strong **report on childhood obesity**. The Administration has laid out a comprehensive strategy that, if implemented, is expected to reduce obesity nationwide. From urging companies to improve restaurant children's meals and to reduce unhealthy food marketing, to getting good food in and junk food out of schools, the recommendations are bold, yet achievable. We are also happy to report that farm to school programs are included."

- Excerpted from <http://www.schoolfoodfocus.org/>

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

Seasonal Recipe: Greens with Goat Cheese and Berries

PREP TIME: 20 min

INGREDIENTS:

- 2/3 cup dried cranberries
- 2 tablespoons chopped dried apricots
- 6 tablespoons rice vinegar
- 1/4 cup extra-virgin olive oil
- 4 quarts salad mix (about 12 oz.), rinsed and crisped
- 4 ounces fresh goat cheese (chèvre), coarsely crumbled
- 1 cup blueberries, rinsed and drained
- Salt and pepper



Nutritional Information

Calories: 133 Protein: 3g
Saturated Fat: 3g Fiber: 1.3g
Cholesterol: 9mg

PREPARATION:

1. In a small microwave-safe bowl, combine 2 tablespoons cranberries, apricots, and vinegar. Heat in a microwave oven at full power (100%) until steaming, about 1 minute. Let stand at room temperature or chill until cool.
2. In a blender or food processor, whirl fruit mixture until smooth. Pour purée back into glass measure; add oil and whisk to blend.
3. Put greens in a wide, shallow bowl. Add 2/3 of the vinaigrette and mix gently to coat. Scatter cheese, blueberries, and remaining cranberries evenly over greens. Drizzle with remaining vinaigrette. Add salt and pepper to taste. Enjoy! (Makes 10 servings)