

FOOD FOR THOUGHT

A QUARTERLY PUBLICATION OF OUSD NUTRITION SERVICES

Employees of the Month!

When we announced in February that Nutrition Services would re-launch an Employee of the Month program, we had no idea that nominations would begin pouring in so quickly. Site staff have nominated their peers, managers have nominated office and site staff and the nominations keep coming. We're thrilled with the excitement this has generated and even more thrilled to announce the first two recipients!

The Employee of the Month for March was **Angela Nisby** of Brookfield Elementary School! Angie was selected for her work ethic, her willingness to go above and beyond what is required, and of course that winning smile and positive attitude that she greets the kids with each and every day. Congratulations Angie!

Our Employee of the Month for

April was nominated by TWO of her colleagues for her dependability, good listening skills, wonderful personality and her helpful and selfless nature, working wherever and whenever she's asked. She is none other than **Elenora Drawsand** of Prescott.

Congratulations to both of these outstanding employees. Each of these fabulous women received a certificate, a pin of excellence and a prize valued at \$75! Small tokens of our appreciation for jobs well done!

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 .



Angela Nisby



Elenora Drawsand

Point of Sale Expansion

Wouldn't it be nice to have a more user-friendly and accurate way to count students who pass through the line for breakfast or lunch? Well, get ready for WINSNAP, and the updated version called WebSMARTT. Whereas WinSNAP only allowed for communication every twenty-four hours, WebSMARTT is an on-line application that allows for real-time

communication between school sites and the central office. This means, for example, that when an application is processed at the central office, the data is almost immediately available at school sites.

WinSNAP is already in place at twenty-two middle and secondary schools, while WebSMARTT is currently installed at six elementary schools and one secondary school.

By the end of mid-May 2009, there will be a total of

eight elementary schools running WebSMARTT, with twenty more school sites to be added during the 2009-2010 school year. According to Technology Support Specialist extraordinaire Flynn Ing, "eventually all sites will be on WebSMARTT which will make our ability to interface with them much more efficient". If you'd like more information on updates to the point of sale system, please contact Flynn Ing at Flynn.ing@ousd.k12.ca.us

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BBQs on the quad!



In our efforts to enhance the food program, Nutrition Services launched the “BBQ on the quad” series in late February at Castlemont High School. Since then, the traveling BBQ, which features fresh BBQ prepared on campus, has made stops at McClymonds, Simmons, Bunche, and Far West High Schools with more pre-scheduled Friday site visits

scheduled through the end of the school year.

So far, it's been a real hit with the students. **In fact, the student population eating lunch on campus on a “BBQ Friday” increases by 15 to 20% compared to a regular day.**

And it's not just the students and teachers who are enjoying the quad BBQs; the Nutrition Services Management team relishes the opportunity to interact

directly with the students and finds them polite and fun to engage with.

Nutrition Services would especially like to thank Tim Beecroft, Nutrition Services Consultant, for his culinary efforts. For more information, come down to the quad for the next BBQ or contact Tim Beecroft at tim.beecroft@ousd.k12.ca.us

Upcoming BBQs

- Friday, April 17
Oakland Tech
- Friday, April 24
International
- Friday, May 1
Oakland High
- Friday, May 8
Skyline
- Friday, May 15
Yes @ King Estates
- Friday, May 22
Fremont

Farm Fresh Produce Stands at Oakland Schools

Currently, two Oakland elementary school communities enjoy fresh fruits and vegetables through the Oakland Farm-to-Schools Network (FTSN), a program that places farm fresh produce stands at schools to allow students, teachers, parents, and community members to purchase healthy, affordable produce.

OUSD NS is proud to partner with East Bay Asian Youth Center (EBAYC) and others throughout the region to expand the FTSN program to eight other Oakland schools by the end of next school year, with 15 more to follow. Although distribution and sustainability were initially obstacles to the expansion of this program, Jennifer LeBarre, director of OUSD Nutrition Services,



was committed to finding solutions. To solve the headache that is distribution, she chose to have the produce delivered to one location, the OUSD NS central warehouse.

From there the produce is delivered to the school sites as part of regular deliveries, thereby bypassing the extra costs that would be associated with extra staff, delivery time, or equipment. This solution is also a win for farmers who can lower their prices as they only have to deliver to one location.

Once schools receive the produce, they make it available for sale at the end of the school day and throughout the length of the afterschool program at a small produce stand. Due to the extended hours, students, teachers and parents can either purchase produce as they head for home after the regular school day ends, or in the early evening, at the close of the after school program.

OUSD Nutrition Services hopes that by continuing to expose school communities to fresh produce, the preferences of parents, students, and teachers will change for the better.

If you would like to learn more about the Farm to Schools program at OUSD school sites, please contact Jennifer LeBarre at Jennifer.LeBarre@ousd.k12.ca.us

Child Nutrition Employee Appreciation Week!

Have you thanked a Nutrition Services employee lately? Well, now is the time!

Child Nutrition Employee Appreciation Week is May 4th through 8th.

Please take the time to thank an OUSD Nutrition Services Employee for their outstanding commitment to children's health, including:

- Serving two healthful meals each and every day of the school year
- Prepping fresh produce for salad bars
- Encouraging students to eat more fruits and vegetables
- Delivering the Harvest of the Month taste tests to classrooms
- Reminding students to drink milk and water
- Helping to train parent volunteers in the cafeteria
- Being positive role models and doing all that they do "for the kids"

And if YOU are a Nutrition Services employee, pat yourself on the back and know how much we all appreciate the good work you do!



We've got Denver in our sights



With nine months under our collective (pedometer-clad) belt since OUSD Nutrition Services kicked off the **Walk to Denver** program in August, NS staff continue on their jour-

neys to Denver, one of the healthiest cities in the US.

We've got walkers nearing the California-Nevada border, in the high desert of Nevada, in the mountains of Utah, on the plains of Wyoming and just crossing into Colorado. One walker, Rosalin Cox, has already reached Denver and kept on going! But fear not, intrepid walkers, there are still many sights to see, steps to take and prizes to win. So onward we go!

What about you? Have you committed to living a healthier life in 2009? It's not too late to join us on

the road to Denver. Just drop by High Street to fill out a registration form and get your free pedometer. Then, simply attach your pedometer each morning and at the end of the day count your "steps" (not just from walking, but from any physical activity) Then, log your steps and turn in log sheets on a weekly basis. Everyone's progress is tracked on a map at High Street as well as via a weekly email. Prizes are continually awarded throughout the walk and we're getting fit while having fun!

Walking to Denver not your cup of tea? Stay tuned for more employee wellness activities to come in the fall.

Cooking Carts coming to a school near you

Nutrition Services is excited to help expand on the popularity of in-classroom nutrition activities, such as Harvest of the Month, by rolling out cooking carts at Oakland schools. The cooking carts, which enable teachers and students to follow recipes and prepare food in the classroom, will be available for use during the 09-

10 school year. One lucky school site, however, will get to pilot test using a cooking cart before school lets out in June. Horace Mann Elementary students and teachers will be the first to cook in the classroom and we can't wait to hear all about it. For more information on the cooking carts, please contact Joyce Peters at joyce.peters@ousd.k12.ca.us



**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: Asparagus and Mushroom Frittata

Prep Time: 10 min

Cook Time: 40 min

Ready In: 50 min

Serves 6

Ingredients:

- ½ tablespoon butter
- 2 tablespoons olive oil
- ½ pound fresh asparagus, trimmed and cut into 1 inch pieces
- ½ pound fresh mushrooms, sliced
- 6 eggs
- 1 tablespoon water
- 1 teaspoon chopped fresh thyme
- 3 tablespoons freshly grated Parmesan cheese
- ½ cup shredded mozzarella cheese



Directions:

Preheat oven to 325 degrees F (165 degrees C).

Melt butter in an oven-safe skillet over medium heat. Stir in olive oil and asparagus, and cook until the asparagus is tender, about 10 minutes. Stir in the mushrooms, and continue cooking about 5 minutes.

In a medium bowl, whisk together eggs, water, and thyme. Pour into the skillet, and reduce heat to low. Cover, and cook 5 minutes.

Transfer the skillet to the preheated oven. Bake 10 to 15 minutes, until eggs are no longer runny. Top the mixture with Parmesan cheese and mozzarella cheese. Turn on the broiler, and broil until cheeses are melted and lightly browned.

Enjoy! This frittata is low in fat, high in fiber and protein and simply delicious!

Do you have a healthy dish you'd like to share? Please enter our quarterly recipe contest. All entries must be: low in fat, low in added sugar, and feature a seasonal fruit or vegetable. Please email entries to Ericka at ericka.doolittle@ousd.k12.ca.us Here's to healthy eating!