

FOOD FOR THOUGHT

A monthly publication of OUSD Nutrition Services

Volume 5, Issue 2



THANKS TO EBAYC AND OUSD, PRODUCE MARKETS ARE NOW OPEN AT A SCHOOL NEAR YOU!

Tuesdays

BRIDGES ACADEMY

1325 53RD AVENUE
2:30—5:30PM

FRANKLIN ELEMENTARY

915 FOOTHILL BOULEVARD
1:30—6:00PM

GARFIELD ELEMENTARY

1640 22ND AVENUE
2:30—6:00PM

HOOVER ELEMENTARY

890 BROCKHURST STREET
2:15—6:00PM

NEW HIGHLAND ACADEMY & RISE

8521 A STREET
2:15—6:00PM

PARKER ELEMENTARY

7929 NEY AVENUE
1:30—4:30PM



OAKLAND FRESH SCHOOL PRODUCE MARKETS

The twelve Oakland Fresh School Produce Markets are again open for business to sell fresh, mostly locally grown and pesticide-free fruits, vegetables, eggs, nuts, honey and other healthy foods at public schools.

A joint program of OUSD Nutrition Services and the East Bay Asian Youth Center (EBAYC), the markets have been wildly popular providing low cost, healthful options in neighborhoods that have an abundance of liquor and corner stores.

During the first year of operation, the Oakland Fresh

School Produce Markets distributed an average of 2,000 pounds per week of fresh, healthy food to the community, grossed over \$100,000 in produce sales, supported 8 local family farms, and engaged over 150 parents and community residents as volunteers! We can't wait to see how well we do this school year!

Come check the markets out -- they'll be waiting for you with wonderful produce and more often than not, a live cooking demonstration and taste tests.

(For school produce market locations and hours of operation, see sidebar)

Wednesdays

COMMUNITY UNITED & FUTURES

6701 INTERNATIONAL BOULEVARD
12:30—5:00PM

EAST OAKLAND PRIDE

8000 BIRCH STREET
12:30—6:00PM

ESPERANZA & KOREMATSU

10315 E STREET
12:00—3:00PM

GLOBAL FAMILY & LEARNING WITHOUT LIMITS

2035 40TH AVENUE
1:00—6:00PM

MANZANITA COMMUNITY & SEED

2409 EAST 27TH STREET
2:15—6:00PM

MELROSE LEADERSHIP ACADEMY

5328 BRANN STREET
12:00—2:30PM

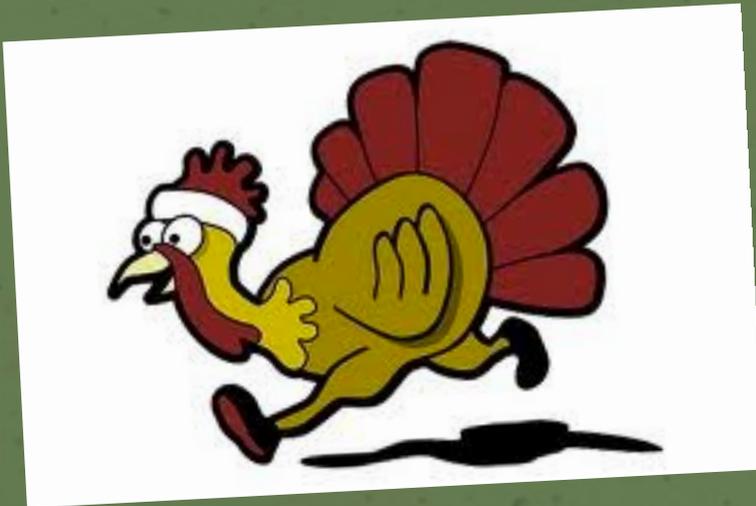


EMPLOYEE OF THE MONTH

Nutrition Services is pleased to announce the first recipient of the Employee of the Month award for the 2010-2011 school year. This member of the OUSD NS team was selected for her reliability, flawless attendance, and ability to work well with very little supervision. The Employee of the Month for October/November 2010 is....

LAY LAI OF WESTLAKE MIDDLE SCHOOL

Lay will receive a certificate, recognition at her school site and at High Street as well as a gift card. Congratulations Lay! We are proud to call you one of our own!



JOIN US FOR THE SECOND ANNUAL TURKEY TROT!

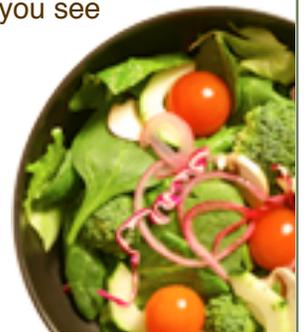
- Who:** OUSD Nutrition Services Employees (This means YOU!)
- What:** The Turkey Trot! Get active by walking or doing any other physical activity.
- How:** Strap on your pedometer, use the attached log sheet, and get to walking! (If you need a pedometer or log sheet, you can pick them up at 900 High Street between now and November 12th.
- When:** Track your walking and other activities from Monday, November 8th - Friday, November 19th. Then fax in or drop off your completed log sheet by 5 pm, November 23rd.
- Where:** Everywhere!
- Why:** You'll get more fit, reduce stress, and the top participants will win a grocery store gift card for a Thanksgiving feast!

AFTER SCHOOL SNACKS GET BETTER AND BETTER

We at Nutrition Services continually strive to improve the quality and taste of the food we offer our students. One crucial component to the improvement process is gaining valuable feedback from our customers: students and school staff. Recently, our menu planner had the pleasure of meeting with a group of after school providers before the start of the school year to discuss the snacks served during the after school snack program. This meeting was the first of many designed to strengthen the partnership of OUSD Nutrition Services and the after school program staff.

The learning that took place went both ways. After school staff learned about federal guidelines for the food served as well as the cost of snacks and the current fiscal constraints that affect purchasing. Meanwhile, the menu planner got valuable feedback about what the kids do and do not eat, along with suggestions for improvement.

In addition, everyone present got to taste test potential new snacks. Two of the offerings received favorable votes and have already been incorporated into the after school menu. So, when you see whole grain apple and cranberry bars or whole grain pita chips on the menu, you can thank a member of the after school team for the delicious addition!



FRESH FRUIT AND VEGETABLE SNACK IS A BIG HIT AT FOUR CAMPUSES!

This school year Esperanza, Futures, Learning Without Limits, and Think College Now schools were awarded United States Department of Agriculture grants to provide an additional snack during the school day. What makes this program special is that the snack is a fresh fruit or vegetable. Teachers report that our children eagerly snack on fresh foods that aren't heavily processed - high in sugar, salt and added sugar. The added snack in the morning also helps those students that need extra nutrition before lunch time especially if there was little or no breakfast eaten.

During recess at Lockwood, the children are lining up for seconds on jicama and cucumbers, particularly when seasoned with lime and chili powder. Hispanic students have been teaching their non-Hispanic friends to try vegetables with a hot and sour twist. And vegetable consumption is soaring!

The other schools serve snacks in the classroom. At Korematsu, we see students wasting very little and requesting more. Nutrition Services always tries to serve mostly local, seasonal produce,



In the 2008-2009 school year, 1,956 schools participated in the fresh fruit and vegetable program nationally, with an enrollment of approximately 740,327 students.

Each year the number of participating schools is expected to increase!

but we also want to provide some special treats, like fresh pineapple and mango slices. These imported foods may be too pricey for many district families to serve at home.

As a nutrition education program, we also want to teach children new ways of eating vegetables. We have tried yam sticks, string beans and snap peas - all raw. These are sent in smaller amounts to test acceptance

and to expose students to new experiences. It usually takes repeated attempts before any new food is accepted.

The fresh fruit and vegetable program is a fun way to teach children that healthy foods can be the right choice for snacks. After all it's easier to create a new healthy habit than to break an old one and replace it.

- Joyce Peters, RD

OUSD NUTRITION SERVICES WEBSITE

Want more information about the food served in Oakland schools? It's easy! Just head on over to <http://www.ousd.k12.ca.us> and click on the the [Nutrition Services Department page](#).

There you'll have access to all monthly menus as well as allergen information and carbohydrate counts! You can also read about current events, the improvements OUSD NS is making, and special programs. Want to get involved? The NS Department page is just the place to find out how. Check it out!



OAKLAND UNIFIED
SCHOOL DISTRICT

Community Schools, Thriving Students

OUSD Nutrition Services
900 High Street
Oakland, California
94601

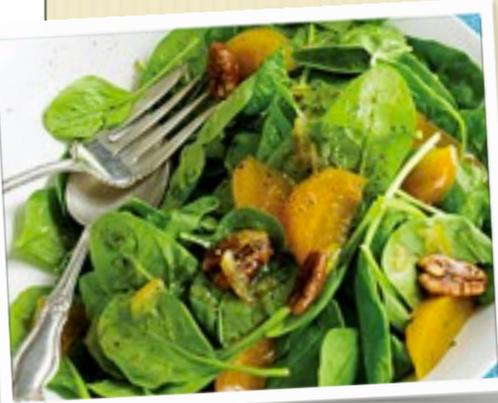
Phone: 510/879-8344
Fax: 510/879-1779
www.ousd.k12.ca.us

OUSD Nutrition Services continually strives to create a world class Nutrition Services program that is recognized in the state of 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 80th percentile in RATER.

SPINACH AND PERSIMMON SALAD



Ingredients

- 1/4 cup rice vinegar
- 2 tablespoons orange marmalade
- 1 teaspoon toasted sesame oil
- Salt and pepper
- 5 quarts baby spinach leaves (1 1/4 lb.), rinsed and crisped
- 3 firm Fuyu persimmons peeled and sliced into thin wedges
- 3/4 cup glazed pecans

Preparation

In a large bowl, mix vinegar, marmalade, and sesame oil. Add salt and pepper to taste. Add spinach, persimmons, and pecans. Mix gently to coat with dressing.

Enjoy!

Nutrition Information per serving

Calories 85

Fiber 3.5 grams

Cholesterol 0 mg