Hope you had a great Summer!

I know I did. I got a lot done, but, if you're like me you're ready to get back at it and start the school year. We got a lot done this past year. It was my first year here at 4J, and it was quite a challenge in getting around and visiting forty schools, meeting all the staff, Principals, secretaries and key people. I always thought I was good at remembering names, but I feel like I'm currently in the 40-60% range in terms of remembering everyone!

This issue of our newsletter will showcase some of the positive changes we did last year, as well as things we're currently working on and things that we hope to accomplish in the near future. We'll point out as many positive changes as we can in the short spaces in the following pages. It's funny, I see news stories all the time on how other school districts are now "eliminating their deep fryers" or serving more fresh fruits and vegetables. These are things we have done for years, but we could do a better job in getting the word out to everyone.

Another big change this year was changes in staffing. We currently have 117 permanent employees in the schools. This Summer we had 22 openings to fill! Usually what happens is that someone will move out of a existing job into one of the open positions, and so on- creating a domino effect, so we were very busy all Summer conducting interviews. Also, we had another awesome opening meeting, complete with Keynote speakers for the first time ever. Turn the page to see all the details.

I'm looking forward to the school year, and the continued effort to improve our program!

-Rick

Welcome Back!

We've also done many “from scratch” items over the years, and will continue to do so. In fact, we've increased that amount while we've eliminated more of the “processed” items we used to serve a lot of. Turn to page three to see a large list of new and improved offerings that we changed last year, as well as more changes for this year.

Check Out Our Website:

www.4j.lane.edu/nutrition

There is everything from promotional and BBQ schedules, upcoming special events, to a classroom resources tab that has educational activities for students to do. We hope you like it. Check back often as it changes all the time!

Ready for action—ready to start a new year!
**Opening meeting 2010**

Keynote Speakers Invited to address the troops

We were very excited that we have some wonderful people in the community that care and want to partner with Nutrition Services to improve child nutrition by helping lend expertise and training to our staff, students and parents. Stephanie Pearl-Kimmel of the Marche’ restaurant went to the White House to Meet with Michelle Obama as part of her “Let’s Move” initiative to find ways to help the childhood obesity epidemic. When our management team met Stephanie, we thought it would be a good idea to bring it “full-circle” by inviting her to talk to our cooks. She eagerly responded “yes!”

Having Stephanie talk to the group provided the community voice that is so helpful. We are continuing to work with Stephanie on opportunities to further train staff in cooking techniques.

Joining Stephanie was our community partner Megan Kemple of Willamette Farm & Food Coalition. Megan helps us plan our local Harvest of the Month, which was extremely popular at all school levels last year. Megan also does other outreach activities such as tasting tables and garden field trips. Megan works with us so much (and so well!) she feels like one of the staff, and part of our family!

One of the things we’re most proud of is the wonderful job our people do! For the second year, we’ve continued our tradition and honored our people by having our awards ceremony at the opening meeting.

W always get some very important people to attend and help hand out awards. This year, Susan Fahey (Chief Financial Officer at 4J) as well as School Board members Beth Gerot, Alicia Hayes and Mary Walston were on hand to watch the opening part of our meeting and stay to hand out awards!

**Award lineup:**

*Most Significant Contribution*  
**Chavez Team**

*Rookie of the year*  
**Jennifer Barwood, Camas Ridge**

*Sub of the year*  
**Judy Gall, Gretchen Elliott**

*Perfect Attendance*  
**7 people**

*Double-Gold Safety Audits*  
**NEHS, Sheldon, SEHS, Churchill**

*Consistent Quality*  
**Roosevelt, NEHS**

*High-5 award: the award for best cost-savings opportunity for employees, done each quarter:*  
**River Road Team**

*For a complete list of award winners as well as our “Hall of Fame” that includes previous years, go to*  
http://www.4j.lane.edu/nutrition/ourpeople

**Honoring our People**

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**Award lineup:**

*Best increase in participation, lunch Arts & Tech Academy, O’Hara Catholic School, NEHS*

*Best increase in participation, breakfast*  
**River Road, Monroe, NEHS**

*Team Spirit Award/Best atmosphere*  
**Spencer Butte**

*Best Standards Award*  
**NEHS, Cal Young, Chavez**

*Most Significant Contribution*  
**Chavez Team**

*Rookie of the year*  
**Jennifer Barwood, Camas Ridge**

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**Our Local Partners in Lane County**

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Financial Outlook and More

How did we end up Last year?

As we close down the books on last year it appears Nutrition Services did well. To recap how we've been doing, during the 2007-08 school year we operated at almost a $300,000 deficit. During 2008-09 we were at a $188,000 deficit. Last year we are standing at a positive $3,000 balance! A huge thank you goes out to all the Nutrition Services personnel who worked so hard to reduce the deficit. Now the challenge is to keep it there!

Catering Spotlight!

In these hard times all of our schools have had to tighten their belt and decrease spending. Sometimes it's necessary to have a meeting or hold a function. When that time arrives, please remember that we have a full service catering department. If our District utilizes outside sources and not our own services it can have detrimental effects on Eugene School District’s budget. Please help us by remembering to book your special event through 4J catering. go to our website and look at the Catering tab.

BBQ Season is among us!

Go to our website and click on “event calendar.” Then a sub category will show up that is our “BBQ SCHEDULE.” Now secretaries, cooks, parents or whoever can click on this link to check on availability dates to upcoming BBQ’s. Information is there to book your school BBQ.

Staff Changes

This Summer we had 22 critical positions that needed to be filled! Usually what happens is that we fill those openings first with people that already have jobs in the district, so it creates a domino effect by opening other jobs. As we opened school, we have just a handful of jobs remaining. If you know of anyone who needs a few hours, have them visit our website under the Job opportunities tab.

What's New?

Ch-ch-ch-changes...

One of the challenges we face here at the Nutrition Services Department is to be able to communicate all the positive changes that we’ve done recently, and those that we are in the process of doing. It seems everywhere you turn there are comments in the national media regarding school lunch. So, with that in mind we’d like to share with you some of the positive changes we’ve done over the years:

- Whole wheat spaghetti, fettuccini
- Brown rice
- Multigrain hamburger buns
- Wheat sliced bread, rolls, hoagie rolls, Kaiser rolls and tortillas
- Whole Wheat hot dog buns
- Dairy: reduced fat cheeses: Mozzarella, American, cheddar, cottage cheese, yogurt.
- Offering bars have been in place for years and most of the offerings are fresh fruits and vegetables. In fact, for this month’s (September) schedule, out of 40 items offered during the week, 30 (75%) of the offerings are fresh. This is not new! What is new is that we are utilizing more local Lane County produce where feasible.
- Breakfast has reduced offerings of syrup, no chocolate milk available. Multiple options including two hot and two cold entrees per day. Fruits and 100% fruit juice available daily.
- Changes for the upcoming school year:
  * Increased availability of vegetable sides offered with entrees (steamed broccoli, tomatoes, etc).
  * Basil cucumber salad, pico de gallo, roasted seasonal vegetables, garden salad.
  * Increased variety of vegetarian and vegan entrees
  * Increased use of seasonal fruits and veggies.
  * Reduced “bun” entrees like burgers and chicken sandwiches
  * Although we’ve always produced them, we’re increasing the amount of “from scratch” entrees
  * Eliminating Corn dogs, breakfast pizza and 14 other processed entrees.
- These are just some of the changes that will be available for this year. For more, visit our website under “fresh, local and healthy food tab.

Milk & Bakery Items Changes

This Month we would like to highlight a very positive change in some of the items we offer:

High Fructose Corn Syrup

We’re pleased to announce that we are offering chocolate skim milk with no high fructose corn syrup. Also, we were able to get all of our local bakery products produced without HFCS this year as well. This has already taken place for the milk, and the changes in bakery items will take place around mid-September.

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Our Second Annual Future Chefs / Elementary School Culinary Competition!

Last year we did our first culinary competition for 4th and 5th graders. This is an “Iron-Chef” style competition where students submit recipes for healthy afterschool snacks.

The finalists (the best three recipes of each school) will create their recipes for a distinguished panel of judges at a yet to be determined site on Thursday evening, January 27th, 2011 from 4:00-8:00 p.m.

This was extremely popular last year. We had some of our School Board members enlist as judges, and we had a ton of news media coverage! Some winners may have the opportunity to have their recipe featured in the cafeteria! Stay tuned for this exciting promotion to help teach our students healthy eating habits!

Award Categories:
Health Conscious
Kid-Friendly Prep
Fun Foods
Judges Choice
Best Table
(new): Best Local item

Coming This Winter

Oregon Healthy Challenge

Coming in the month of October to a High School near you!

For the third year in a row, Eugene high schools are competing against other Oregon high schools in the Healthy Oregon High School Challenge. This program is in correlation with Sodexo’s Healthy Choices program. This year, a plaque will be awarded to the winning schools as well as a travelling trophy to display. PLUS, $1,000 cash will be awarded to the winning school’s ASB fund! Schools will be based on OSAA classification (One prize for 1A-2A-3A & one for 4A-5A-6A). Forty-two Oregon high schools will be competing to win the grand prize. The challenge will run during the month of October, 2010.

How to Win:
Points are given for combo meals purchased at Cross Roads Café as well as select healthy a la carte choices during the promotional period of October 4th through 29th. Adult purchases also count. The more meals and healthy snacks served will equate to more points earned. First place winner will receive the grand prize of a plaque and travelling trophy that will be displayed at the school.

More information will be posted at all of our high schools towards the end of September.

Contact Us

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