What's New:

Student Well-Being defined

Student Well-Being is a state of health and success nurtured through an awareness of choices in nutrition, achievement, environment, community and activity. These five areas are what we call the “pillars” that we are all about.

Environment: Smaller carbon footprint, green cleaning, less water/energy/waste, energy management, indoor air quality, school gardens.

Community: Backpack program, summer program, Read for the Record, support for local farmers and WMBE partners, STOP hunger scholarships.

Activity: Tween and teen wellness messages, healthy tips form sports celebrities, organized wellness activities, educational materials.

If you’ll notice, the newsletter has moved in this direction, highlighting what we’re doing in these areas. Also, please visit our new website. There’s a new “Student Well-Being” tab that highlights these pillars and lets you know what we’re doing in these areas as well. The address to the website is www.4j.lane.edu/nutrition. On the left hand column, you’ll see the menu box where Student Well-Being is listed.

It’s important to note that the most of the items listed above have really been in place for years! We’re pleased to announce that we have this way to bring attention to what we already do. It’s not a new “program,” however a way to highlight what we’re all about. Stay tuned as we continue to expand on these highlighted pillars in the upcoming months and years.

-Rick
Food For Thought

Honoring Our People

At our opening meeting this summer, we had a fantastic award ceremony that honored our people. I handed out dozens of awards, and took a lot of pictures. Not wanting to “rest on our laurels,” it’s nice to be able to keep these awards in the back of our mind so we can strive to get more next year! That’s why we decided to list them on our website. Visit the site at www.4j.lane.edu/nutrition/ourpeople. This section lists all of our first annual award ceremony’s winners. We hope to add each year to this site to show the wonderful things that our people do.

We have great news to share!

Each year we contract with the National Safety Foundation (NSF) to conduct an intense audit in our cafeterias. These are much more stringent than a normal county health department inspection. Each audit usually takes a half-day, and is split into two categories:

- FOOD SAFETY– This audit deals with how safely we serve food to students. Temperature logs, sanitation of our kitchens and following the preparation of food through the day are scrutinized. All of our Kitchen Coordinators must also pass a “Serve Save” certification process which is extremely intense.

- PHYSICAL SAFETY– This audit deals with the day to day safety hazards in the work place.

Javier’s Happenings

We’re proud to announce that all four audited schools got PERFECT SCORES! They are Sheldon High, North Eugene High, Churchill High and South Eugene High.

I’d like to take this opportunity to thank our Nutrition Services Safety Manager, Javier Lopez and all the Nutrition Services staff for preparing for this audit. Javier has spent countless hours in the kitchens ensuring that the people get the proper training to pass these audits each year.

The audits are so stringent that the “Gold” status is not attained if you miss just two points on the audit. If you miss just a bit more than that, you would fail! The gold award shown is an example of one of our perfect (100%) score plaques we received.

Are you well-rounded?

Are you doing your part to be a well-rounded individual? I’m not talking “round” as a shape, but rather an opportunity to get IN shape! Too often we feel tired after we get off work and decide not to get active in any sense. This can be a vicious circle. If you spend some time doing a physical activity of some sort each day, you can actually get more energy. This process doesn’t happen overnight, hence people tend to get discouraged when they don’t get instant results. I’ve had twenty years of coaching experience, so I think I’m qualified to give some advice here!

Have I got an opportunity for you! Why not join Nicole, Javier and me in the “Truffle Shuffle on Sunday, February 6th at Alton Baker Park. There’s a 2 mile run OR walk as well as a 4-mile run. Just show up and walk! The website is www.eclecticedgeracing.com, then click on “race calendar.”

Training

We recently switched over to a new system where we order and inventory all of our supplies in one place. Although this is nothing new in our world, we have been able to switch over to the new system thanks to the hard work of Nicole, our Dietician. She is in the process of continuing to train our Kitchen Coordinators in this new system.
Random Thoughts

We’re having a Contest!

We are very excited to introduce our latest promotion! We are having a contest to encourage students and parents to explore the many things that Nutrition Services does by checking out our new website.

Visit www.4j.lane.edu/nutrition. There you will find the answers to the following questions. All the answers can be found on this website. Explore the tabs on the left hand column and you will be able to answer them.

All correct entries will be entered into a drawing, where we will pick ten winners. Deadline for entries in Friday, February 12, 2010.

QUESTIONS:

1. What is February’s highlighted “nutrition” area of Student Well-Being?

2. What’s the name of the website in “Classroom Resources” that has tons of educational activities and lessons?

3. What is one of February’s promotions we are doing?

GOOD LUCK!

Pizza Test!

Constructive Suggestion turns into learning opportunity!

Last month we received a note from a group of students at Camas Ridge Elementary. The students who wrote the note were concerned that pepperoni pizza was no longer an option on the menu, and it was clearly their favorite menu item. What to do?

Enter Oregon Teacher of the year, Donna Dubois. She encouraged the kids to not simply complain, but write a well thought-out letter explaining their point of view. Our Food Service Manager and Dietician, Nicole Zammit, explained to the students that we have to follow the nutritional guidelines set forth by the USDA, and it didn’t leave us a lot of room for foods such as pepperoni pizza, which tend to be very high in fat content.

The Nutrition Services management team got together and thought it would be a great idea to include the students in the decision making process of trying a new product, which was a turkey pepperoni. They helped cook the pizza in the Camas Ridge kitchen, and were eager to sample the new product.

In the end, we had three enthusiastic thumbs up, and the kid-tested & approved pizza found its way on the menu cycle. We thank the students for the process. The Students who helped were Henry Weiner-Lininger, Josh Thomson, and Tristan Kytola.

We can’t promise we can go through this process for every menu item or suggestion, but we welcome the opportunity to include student input whenever we can!

Students, we are always interested in your comments. Feel free to contact us at this email: nzammit@4j.lane.edu

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Activity

4. Where is the Elementary Culinary Competition going to be held this year?

5. What was December’s Local produce of the month?

6. What do 100% of our 24 elementary schools utilize to reduce waste?

7. Who won our first ever “Hi-5” award?

PRIZES:

4 elementary prizes: Cookbook and chef set

4 Middle School Prizes: itunes gift card

2 High School Prizes: itunes gift card

Email your answers to rsherman@4j.lane.edu.

You must include the following information: Name, School, and Grade. Winners will be notified by return e-mail. We’ll deliver prizes to the schools.

GOOD LUCK!

Wild Card: Recipe of the Month

Look here each month for something different. Employee spotlight, Highlighted school, etc.

From our Caterer, Patty Rigsby: “Curried Chicken Salad”

Simmer chicken in water until 165 degrees, or broil. Meanwhile, remove strings from celery and dice into 1/3 inch dice. Wash and chop cilantro. Peel and dice onion and garlic. Stir the curry powder and onion, garlic into the mayo. Dice chicken, add to mayo. Arrange a few lettuce leaves in center of salad dish, scoop chicken mixture onto center. Garnish with a sprinkle of paprika and sprig of cilantro.

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Website Update

Have you been to our website recently?

Time for another update on our website.

A lot has happened since we wrote about this a couple months ago. Back then, the Nutrition Services website was in its infancy! Now we have added many new areas to explore. You should be able to find just about anything regarding our Nutrition Services program on this site.

CONTEST: Make sure you look on page three, we’re having a contest to kick off our new website. Hopefully it will encourage people to start going there to find answers regarding our services.

Here’s a look at some new areas:

Green Cafeterias: As noted to the right on this page, more can be found on this tab.

Student Well-Being: We have a dedicated area to highlight the five pillars of Student Well-Being that we are doing on a regular basis.

Classroom Resources: Tons of educational material for classrooms, including math, coloring activities and much more.

Event Calendar: A listing of all of the promotions we do each month.

About us: Who we are and a listing of some of our accomplishments

Newsletter: A place where you can find these newsletters archived.

Local Produce of the Month: Items from local farms we bring in to our cafeterias each month.

Go to www.4j.lane.edu/nutrition to check it out! We are always adding new items.

Green Cafeterias!

It’s so great to be in Oregon!

One thing we can be proud of in Oregon is the fact that we’ve been at the forefront in our recycling efforts for a very long time. It’s second nature for many of our kids, as they are born and raised with the disposition to help our environment. That’s why we’re excited to “step it up” to the next level in some of our cafeterias. Our students already are willing to do what it takes to recycle. Therefore we are switching, where appropriate, how we run our cafeterias. Check our “green” tab on the website for updates on how we’re doing. Here’s some of the highlights coming up:

- New compostable plates at the high and middle schools, replacing the old laminated paper ones.
- Switching to new dishwashing detergents that are packaged with virtually no waste products
- 100% washable trays in our elementary schools
- We’re starting a pilot project at four elementary schools that will use washable heavy-duty plasticware instead of the ones that can potentially end up in the landfill.

Contact Us

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