How Well Do You Know Your Nutrition Services?

This produced with funds provided by Sodexo

Student Well-Being

Nutrition • Achievement • Environment • Community • Activity
A word about “Purchasing Local”

Recently there’s been a lot of talk regarding purchasing Local. We’ve received some comments like “why don’t you purchase locally?” This may have something to do with a recent newspaper article this Spring. The article mentioned another local school district that has made great strides in buying local food, and then might have gave the impression that 4J does not.

This is simply not the case. Here are some facts to clear up the misunderstanding:

- We do have contracts with food distribution companies like Sysco and Duck produce. However, in the case of produce, the items we purchase from Duck are local, for the most part. Obviously, when we purchase items like oranges or pineapples, they don’t grow in this area, so they wouldn’t be local. But for other items like apples, lettuce, etc., it makes sense to deliver them from local farms rather than across the country.

- It’s important to have a clear understanding or definition of the word “local.” We consider “local” to be anything within the Willamette valley, and then in the State of Oregon. We realize there might be some options that are even closer down the street, and we try to purchase there when possible. But usually these options are very limited, especially from November-June!

- We purchase some items through local area farms directly, but we have to ensure the following happens:
  1) We must make sure the product is safe to serve students and of utmost quality.
  2) We have an obligation to the school district to be responsible financially, so that means we have to follow state rules and go through a competitive bid process to purchase items directly.

- Check out our “Harvest of the month” program on the environment tab that highlight these local farms each week in our cafeterias!

- In comparing us to other districts, it can be very difficult. This is because it is like comparing apples to oranges. Our district currently serves 5 entrees per day at the elementary level, and over double that at the secondary level. Some of our schools have over 300 ingredients available on a given day. It is much easier to produce a menu in small quantities for one or two entree options, but we feel it doesn’t give the students ample choices for meals.

- Our menu contains many local products found in the entrees as well as milk and produce. We currently are working on a better way to advertise the fact that many of the day to day items are local. It’s been difficult for us to do this so far!

Thank you for the opportunity to clear these items up. Please feel free to contact me if you have any questions regarding this or anything else you see in this book!

-Rick
Welcome!

You may think that 4J Nutrition Services just serves lunches and breakfasts.

It’s very difficult to get the word out there of all the things we do in Eugene. It’s a very big town, and communicating what we do to everyone has been hard. The information is out there, you just have to know where to find it!

I wanted to find a way to help get the word out about these ideas and services we provide, so I decided to do this informational book.

All of these items are on the 4J school district website. If you haven’t been to the Nutrition Services website in a while, I think you might be surprised! Check it out at:

www.4j.lane.edu/nutrition

Thank you! If you have any questions or comments, please don’t hesitate to contact us!

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All items in this book can be found here!

Nutrition Services

The Nutrition Services program provides affordable and nutritious meals to students under the guidelines of the federal Child Nutrition Program.

Rick Sherman
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Student Well-Being by sodexo

Nutrition • Achievement • Environment • Community • Activity

Student Well Being is an initiative we’re very excited about. The five “pillars” above (Nutrition, Achievement, Environment, Community, and Activity) represent our commitment to provide services that are in harmony with student’s well being.

Please visit out our new Student Well Being tab on the left for more information on this new program.

Hope to see you soon at one of our cafeterias! Join us at one of the following formats...

- Cross Roads Café
- E.D.2 Energy Download Zone
- High Schools
- Middle Schools
- Kids’ Way Café

Elementary Schools
There’s been a lot of talk lately about a popular television show that showcases what school lunch is all about. We’ve received a few questions, and we’d like to share a few points on clearing up some misconceptions:

- Some of these shows bring up valid points, but it’s very difficult to compare all lunch programs and be able to say they are the same.
- For instance, our school lunch program is “nutrient based,” not “food based.” This makes a big difference in ensuring students get a meal that meet the nutrient standards set forth by the USDA.
- We serve an “offering bar” that’s loaded with fresh fruits and vegetables that is available to all students. (see above)
- Check out our nutritional information on our website for the following:
  - We have about twenty different menus we produce each month. They are specific to the age of the students and their nutritional requirements. Plus we have many special diet menus such as lactose intolerant, vegetarian, vegan, specific food allergy menus such as gluten, egg, soy, and many others
  - We have resources such as carb count calculators and calorie counts as well as ingredient lists for some of our more popular menu items
  - If you have any specific nutritional question, you can click on the link to ask our Dietitian.
We have a registered and licensed dietitian available to come into a classroom and teach students how exactly food is grown, produced, and ends up on your table.

They then can sample the finished product in the lesson. A build your own burrito bar is shown here, although we have many other examples.

You can see about booking your own classroom for a nutritional educational experience. For details, go to the “classroom resources” tab of our website.
Please join us throughout the year for many exciting promotions that take place at our schools that promote wellness and healthy eating habits!

- BBQs at selected schools
- Elementary Vote & Be Heard
- Breakfast Club at Willagillespie and Edgewood
- High School Oregon Healthy Challenge
- Harvest festivals at selected schools
- FREE Breakfast at all Secondary Schools on selected days
- Elementary Lucky Tray Days
- January 27: "FAVORITES" day! we will menu the results of the "Vote & be Heard" survey elementary students participated in during October
- Lift Off's Get Moving Challenge (Elementary Schools)
- Elementary Culinary Competition -see info on following pages
- Elementary Vote & Be Heard Follow-Up
- Valentine's Day Treats at Elementary's
- Chefolution (High School Culinary Competition) see info on following pages
- Color your world (all Elementary Schools) National Breakfast Week March 8-12 (all Schools)
- Lift Off's Birthday Bash (Elementary Schools)
- Portion Size Matters (Elementary Schools)
- Summer Lunch Program (more information coming this Spring)
Eugene to host the 3rd annual "Chefolution"
(Willamette Valley High School Culinary Competition)

Hosted by:

Eugene School District 4J, Sodexo and Market of Choice

Saturday, May 15. South Eugene High School Cafeteria

Judging: Noon - 1:00pm ~Public is invited~

For the past three years, South Eugene High School has participated in the Willamette valley High School Culinary Competition, or “Chefolution” for short. The competition was the creation of our Director of Nutrition Services, Rick Sherman. Now that Rick is working down here, he took the competition with him, so 4J has the opportunity to host the event.

Typically as many as eight high school teams compete head-to-head in an "Iron Chef" - type competition. The teams consist of four high school students each. Each school district involved gets to invite three judges for fair and equal judging.

The teams are from around the Willamette Valley. In the past the following schools have participated: South Eugene, South & West Albany, West Salem, Sprague, McNary, McKay, Sweet Home, Lebanon, Philomath, Dallas, and Corvallis. This year’s lineup includes South Eugene, North Eugene, Marist, Roseburg, Sprague and McKay.

This year the theme will again be "Elegance on a Budget." Each team can spend no more than $50 total on ingredients to produce an entree, salad and dessert. The team that wins will exemplify the best food at the best cost-savings. Other prizes are best table demonstration, safety, and team spirit. A Special thanks goes to Market of Choice for sponsoring the food buying portion of the contest!

We are pleased to move the competition down here after three successful years doing it in Albany. We are working on ways to make this event even more special by trying to enlists some sponsorships as well as a partnerships.
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<td>Brandee Espinola-Cramton Corvallis</td>
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We just had our first annual “Kids can Cook” Culinary completion for 4th and 5th graders last March at South Eugene High school. Go to our website to see results, links to the newspaper article, as well as three TV & radio spots.

This is a unique event where students submit healthy afterschool snacks. Two finalists from each school are chosen to compete head-to-head. School board members and members of the community judged the event.

We are also excited to partner with our local high school culinary departments to provide student group leaders. A High student works with a group of four elementary kids to provide leadership & expertise.
We have a number of “Green Cafeteria” initiatives we’re working on!

- We have a number of “green cafeterias” that have switched to “Washable” plastic-ware where feasible, so we can keep the plastic forks out of the landfill. We have also reduced the amount of paper and plastic we serve food on.

- **School Garden Network:** We are starting up a network group of school gardeners. This group gets together monthly. Nutrition Services acts as a liaison between the schools and supports/provides resources to them, such as:
  - Providing seeds/start plants
  - Purchasing the produce at market value from the school
  - We then serve the produce on the cafeteria’s offering bar
  - Composts the scraps and return to the garden project for a truly sustainable cafeteria!

- **“Farm to Table” nutritional classroom education experience.** Our Registered Dietitian (Nicole Zammit) travels to a school and does a hands-on educational experience that is designed to teach the students how the food goes from the ground to the table.

- **Harvest of the Month:** (see following page). We partnered with Willamette Farm and Food Coalition to highlight a local farmer, and bring what they grow into the cafeteria and serve it one day each week. This has been one of our most popular promotions we’ve done in the cafeteria this year!

Because of these initiatives, we’ve been selected by the USDA as one of fifteen school districts in the nation to receive a visit by the USDA this Spring to share best practices to the rest of the nation!
Harvest of the Month
October

Rad Red Radishes

Grown by
Cal Farms, Oregon City, Oregon

Oregon grown fruits and vegetables are fresh, tasty and good for you!

A Project of
Willamette Farm and Food Coalition, Sodexo, and Duck Delivery
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.

Sodexo believes that these five pillars have the greatest impact on Student Well Being. It is in these areas where our programs, services and strategic industry partnership are focused. Here are lists of some of the items we feature in each pillar:

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 from 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

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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.

Listed on the site are the following awards:
- Best Increase in Lunch, Breakfast
- Rookie of the Year
- Best standards award
- Double-Gold Safety Audit Winners
- Team Spirit award
- Perseverance award
- Hi 5 Award
- Most Significant Contribution

Javier’s Happenings

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.

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 of continuing to train our Kitchen Coordinators in
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?

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!

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 help in 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

Wild Card: Recipe of the Month

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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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.

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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See the next three pages for K-8 content:

- **Lesson plans**: liftoff’s playground
- **Los Kitos**: Bilingual coloring pages for students
- **“Farm to Table”** Nutritional Educational Experience

All these items can be found on our website’s “Classroom Resources” tab!
Teachers, Parents: Make sure you go to our website’s “Classroom Resources” tab for hundreds of lessons, activities, recipes and more!

It’s truly a great resource for a fun learning environment that teaches students about nutrition while sharpening skills like math and grammar.
Available on our “classroom resources” tab of our website. Look for new ones posted each month.

Available in English or Spanish.

Available in Colored version.

Or, (wouldn’t you want to color it yourself?) a black & white version.
**Student Well Being** is a state of health and success nurtured through an awareness of choices in nutrition, achievement, environment, community and activity.

Download a FLYER of the explanation of Student Well Being along with benefits of Sodexo's Student Well-Being efforts: It's on the “student Well Being” tab of our website!

**KEY AREAS** of Student Well Being:

Sodexo believes that there are five key areas that have the greatest impact on Student Well Being. It is in these areas where our programs, services and strategic industry partnership are focused. These areas include:

**Nutrition:** Age-specific menus at breakfast and lunch, nutrition education, exhibition cooking, culinary celebrations, kids cooking events.

**Achievement:** Healthy habits programs, menu messages, staff training, elementary student lesson plans, classroom activities.

**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 from sports celebrities, organized wellness activities, educational materials.

Additionally, we highlight an area we are working on in each of the above areas to enhance our Student Well Being. Check out our Student Well Being tab of our website to see the monthly list.