Nutrition Service Update

September 2011



TRSD Summer Program

The Summer Feeding Program provided breakfast and lunch at no charge to students in Josephine County from Grants Pass to Cave Junction. This summer we served 12,505 breakfasts and 17,169 lunches from June 20th through August 26th at 29 serving sites. As projected, our meal counts exceeded last year with an outstanding 29,674 meals served. In addition, we partnered with our High School sports programs to provide meals to the players before during and after daily practices. A huge thank you goes out to all the staff members that produced, delivered, and fed all our children in the area.

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Fresh Fruit and Vegetable Program

This year, we received a grant for four of our schools which will enable us to provide a snack each day to all students. Madrona, Fruitdale, Evergreen and Lorna Byrne schools will all be starting the program on September 12th and offering a variety of fresh produce each mid-morning between breakfast and lunch. We are starting with Blue Lake Green Beans, Pluot's, Ruby Red Grapefruit and Zucchini sticks. In addition, we will be providing nutritional facts and educational information about each product daily to assist in educating students about making healthy food choices. We are also working locally with Fort Vannoy Farms to supply some of the products we are serving each week.



Lift-Off!

Our Nutritional Ambassador

Nutrition Services Office Team

Michael Morris, Food Service Director michael.morris@threerivers.k12.or.us

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Upcoming Events

Oregon School Board Association - November 10th – 12th in Portland We invite you to attend our client reception on Friday, November 11th.

Thanksgiving Holiday Meal - November 16th at all our schools. We will be serving our traditional Thanksgiving meal with all the trimmings.

December Holiday Meal - December 16th at all our schools. A great day of Holiday favorites for all students, staff, and parents.

We extend an invitation to all to join us for lunch!



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Customer Service

There are two major reasons to deliver customer service: repeat business and happiness. Sales turn prospects into new customers. Service turns new customers into repeat customers. Service also makes customers happy! Happy customers are much easier to deal with than irate customers. With this in mind, our primary focus this year is Customer Service. Each month, our staff will go through training that will provide them with techniques to deal with various scenario's within the daily work environment. We will continue to focus on each and every customer, providing them the best experience while inviting them into a welcoming environment. We have the privilege to address most students on a daily basis. What a better environment to provide a genuine message of "good morning" or a pleasant "have a great day" to each of our students.

Produce of the Month

This month our offering is Cantaloupe. Cantaloupe is one of the most common fruits but its full health benefits may not have been fully understood, and often taken for granted. It is extremely nutrient-packed but yet has very low calories. This wonder fruit is highly concentrated with excellent levels of beta-carotene, folic acid, potassium, vitamin C and dietary fiber. It is also one of the very few fruits that has a high level of vitamin B complex³/₄B1 (thiamine), B3 (niacin), B5 (pantothenic acid), and B6 (pyridoxine). Cantaloupe is rich in anti-oxidants that can help prevent cancer and heart diseases.



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Annual Safety Training

This year our annual opening Food Service meeting was held on September 1st at Fruitdale Elementary. **Employee Health and Safety topics included:**

Accident Prevention	Slip, Trip and Fall Prevention	Back Injury Prevention
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Chemical Hazard Communication Fire Safety Personal Protective Equipment

Knife Safety Kitchen Equipment Safety Burn Prevention Lock Out/Tag Out

Food Safety topics included:

Personal Hygiene Hazard Analysis Critical Control Plan Use of Thermometers

Preparing and Cooking - Food Safety

Food Service Safety

Cleaning and Sanitizing

Receiving and Storing

Monthly 5 Minute Safety Topics



Nutrition · Achievement · Environment · Community · Activity

Staff Birthdays

Janice Eksitis - North Valley High School

Nancy Burks - Fleming Middle School

Happy Birthday!!!!!!



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