

January 2022 Nutrition News

Happy New Year!

Happy National School Board Recognition Month to the Morrow County Board members. Your ongoing support is very much appreciated. Thank you for all you do!

Supply and demand will still be an ongoing issue. The food and supplies received are contingent on weather conditions and supplier availability.

Look for the new food entrée items including Lasagna Roll-ups and Beef Tamales featured this month.

Tips to start the year healthy

- **Cut out soda.** Helps to reduce calories, sugar intake, and possible future health problems that are linked, such as diabetes.
- **Increase water intake.** Take your weight, divide by 2 for how many ounces recommended to drink daily. Example: 150/2=75 ounces.
- **Walk more.** Get moving at least 4 hours a week, 35 minutes per day to help reduce weight gain, increased chances of stroke or cardiovascular disease.

If you have any questions, please feel free to call or email me at kim.putman@morrow.k12.or.us or 541-481-2526 Ext. 2726.



So Happy is an easy-to-use menu and nutrition app that allows parents and students to see all ingredients and allergens in every meal served in their school cafeteria on a weekly basis. Available as a FREE download on the App Store & Google Play. Search "So Happy"



Holiday Card Coloring Contest Winners



In December, Sam Boardman Elementary and Windy River Elementary students participated in the Holiday Card Coloring Contest featured for student engagement and Winter Holiday Fun.

Winners received a healthy snack and nutrition related prize.



Bella Brons, 4th grade Windy River



Julietta Castaneda, Kindergarten, Sam Boardman, top left Sawyer Moore, 1st grade, Sam Boardman, top right Sage Hansen, 2nd grade, Sam Boardman, bottom left Jose Gomez, 3rd grade Sam Boardman, bottom right



Crossroads Café (Secondary Schools)

Eat the Heat is the January theme featuring Buffalo Meat Lover's and Buffalo Chicken Ranch Pizza and Spicy Chicken Burgers.



Fresh Pick of the month features a fruit, vegetable, or whole Grain. Nutrition information is posted and sent out to teachers for in the classroom activities for students. January's Fresh Pick is Peaches.

Food Safety in the Cafeterias

What do we do daily to prepare and serve food safe?

Food Safety is the number one priority in our kitchens. Cooks follow a HACCP program. HACCP- Hazard Analysis and Critical Control Points. HACCP helps avoid hazards before they can occur. Temperatures of food are documented starting with the growers and producers, the suppliers, when we receive, prepare, cook, cool, serve, and discard leftovers. Cooks have the following forms that are to be filled out on a daily basis. Food Service Director reviews and signs off weekly on all HACCP forms.



- Receiving** -documents condition and temperatures of supplies received.
- Sanitizer**- Records the proper levels of sanitizer, if not correct it is adjusted.
- Freezer, refrigerator, milk cooler, warming cabinet, thermometer calibration, dishwasher.** If temperatures are not in the correct range, a work order is put in to fix the issue.
- Pest Control.** Records any pest sightings and course of action.
- HACCP food temperature sheets-** Temperatures of food prepared, cooled, heated, served, and discarded to ensure food is in the proper range.

Two County Health Inspections are done yearly, One Sodexo third-party safety audit per year, and a State ODE(Oregon Department of Education Nutrition) review is done for each nutrition program every three to five years. Weekly Safety messages are emailed to each cook to review. All cooks attend a monthly virtual meeting to review a safety moment, food safety topic, and an OSHA topic. Any issues can be discussed with the team.

Cooks fill out a monthly food safety audit and a monthly inspection to document any potential hazards or issues to be corrected. They are turned in to the food service director to review, sign off, and notify the school district of any issues or repairs needed.

Let's Get Cooking

PEACH SALAD WITH BASIL VINAIGRETTE

INGREDIENTS:

- 4 C Romaine lettuce(1" slices)
- 2 Peaches (medium/seeded/sliced ¼" thickness)
- ½ Cucumber (peeled/sliced thin/in rounds)
- ¼ C Onion (sliced thin)
- 1/3 C Salad oil(light)
- 1 ½ T Lemon juice
- 2 t Honey
- 2 T Fresh basil(chiffonade)
- Salt and Pepper to taste

DIRECTIONS:

Prepare ingredients as directed. In medium bowl place lettuces, peaches, cucumber and onion. In small bowl mix oil, lemon juice, honey, basil and salt and pepper. When ready to serve, toss the salad with the dressing.

One PEACH Of A Fruit

Peaches are the third most popular fruit grown in America. They are actually a member of the rose family and are related to nectarines, cherries, plums and loquats. The flesh of a peach can vary from white, to yellow, to light red! While there are hundreds of different varieties of peaches sold commercially, there are only two categories of peaches, that being clingstones and freestones. The clingstone peach has a firm flesh that clings to the pit and must be separated with the use of a knife, while the freestone peach has a juicy, much softer flesh that can be easily separated from the pit by human hands.

California is the number one provider of peaches in the United States, even though Georgia is known as the "Peach State." California sells over 200 different varieties of peaches commercially, while Georgia sells around 40. Peaches typically have a shelf life of up to 14 to 21 days. When choosing a peach, choose one that has a strong aroma and gives away with soft pressure. You want to avoid the ones with dark spots or those that feel mushy to the touch. A great trick to get the skin off of a peach is to place it in boiling water for 10 seconds and then plunging it immediately into ice water to cool. The skin will instantly slip right off.

Nutrition NOTES

Peaches are a delicious fruit that has the ability to nutritionally cure anybody's sweet tooth. They are sweet to the taste due to the natural sugar they contain known as sucrose. Peaches are a great source of Vitamin C, delivering 10% of your recommended daily intake, along with other vitamins and minerals like potassium. Peaches, especially the yellow-fleshed ones, contain a decent amount of beta-carotene, which the body then converts into Vitamin A. In addition to all that, peaches are also a great source of fiber, can help keep blood sugar and cholesterol levels low and contain very few calories due to their high water content.



Did You KNOW?

- Peaches were considered a symbol of immortality and friendship and are found in many Chinese paintings, on porcelain and in poetry dating as far back as 551 B.C!
- **Peaches do not gain any flavor with cooking.**
- The peach is the state flower of Delaware, the state fruit of South Carolina, and Georgia is nicknamed "The Peach State."
- **Peach juice is an excellent moisturizer and peach kernel oil, like its close relatives almond oil and apricot kernel oil, is widely used in cosmetics.**



MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:

Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A
1/2 CUP OF FRUIT OR VEGGIE!



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