

# Nutrition Service Update



September 2010



## TRSD Summer Program

The Summer Feeding Program launched on June 11th providing breakfast and lunch at no charge to students in Josephine County including Grants Pass, Cave Junction and Williams. This summer we served 15,924 breakfasts and 19,228 lunches from June 11th through August 27th at 19 serving sites. We lost a couple of previous sites but picked up four new ones including service to the summer sports programs at all the High Schools. The economy has decreased participation at the Boys & Girls Club in Grants Pass but we were able to increase participation because of the added summer programs. With the delay of the start of school we extended the service date to August 27th in order to provide more meals to hungry kids. We continue to look for opportunities to provide healthy, nutritious meals to all children throughout the summer.



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## Catering

The Month of August was a great month for the Catering Department.

We catered over 20 events for the district, including weddings, BBQ's and Open House events. We have 5 additional Open House projects scheduled for the month of September as well as First Students bus driver training for Illinois Valley, Hidden Valley and North Valley areas. We look forward to catering any needs or opportunities throughout the Three Rivers School District.

## Nutrition Services Office Team

**Lift-Off!**  
**Our**  
**Nutritional**  
**Ambassador**



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## Produce of the Month

This month our produce of the month is the Watermelon. Watermelons are in nature an excellent source of vitamins A, C, and B6. They are also a great source of potassium, and extremely low in sodium. Watermelons are a great snack for both children and adults, for the reason that they contain practically no fat.

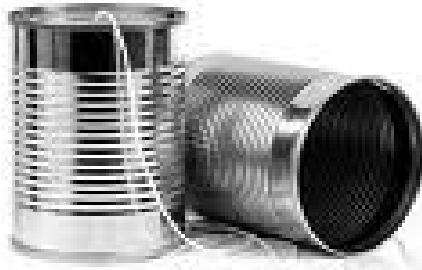
Pictures or artifacts that have survived to the present show that watermelon was grown by the ancient Egyptians. It was founded in 4000 B.C. and is still a universal fruit that continues to be a favorite fruit to many people. By the 1600's, watermelon made it's way to Spain, China, Great Britain, and even farther beyond.

Watermelon during a juice fast can cure kidney disorders. Watermelon juice is tasty and it is easy to make a few liters quickly. Fresh from a juicer, watermelon has a vibrant alive flavor that boosts your energy. But watermelon juice does not keep for long, so drink watermelon juice within a few hours of making it. When it comes to flavor and nutrition, it is hard to beat watermelon. Add pineapple to this, and you boost the flavor of watermelon juice to the heavens.



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## Recycling



This year we are continuing our efforts across the district to recycle materials with the assistance of the T.R.A.C.T Program students. With focus on paper, aluminum, cardboard, plastic and tin, our efforts will continue to reduce the amount of waste in the landfill. These efforts should see a reduction in garbage pickup costs throughout the District. Thank you to Fruitdale Elementary and all the staff for a great breakthrough pilot program last year that has a head of steam going into the 2010-2011 school year!



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## Annual Safety Training

This year our annual opening Food Service meeting was held on September 2nd at Fruitdale Elementary. Employee Health and Safety topics included:

**Accident Prevention**                      **Slip, Trip and Fall Prevention**                      **Back Injury Prevention**  
**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**                      **Receiving and Storing**  
**Cleaning and Sanitizing**                      **Monthly 5 Minute Safety Topics**



## Safety

As a continued focus on Safety, Food Service Staff reviews 5 minutes safety topics each month. Below are our topics for September:

Sodexo Safety Pledge - A written procedure to keep safety on the mind.

Hand washing - Procedures for proper hand washing.

Safety is Part of the Job - A guide for creating a safer work place for all.

Personal Hygiene - General rules for a cleaner, healthier employee.

We will continue this school year with staff awareness, increased focus and informative training throughout the school year. Food and Nutrition Services continues to provide a safe working environment in all our schools as well as incorporating safe work place practices district wide by keeping SAFETY top of mind!

