

THE MONTHLY FEED - DECEMBER 2023

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NUTRITION SERVICES

Lincoln County School District

School Meals Gardens Food Pantry



LOCAL FOODS

The Nutrition Services team met with Sara O'Neill from Central Coast Food Web and Evie Smith, OSU Extension Small Farms and Master Garden Coordinator to discuss incorporating more local foods from farms and fishers into schools meals. We are excited to see what this new partnership will bring to the students of LCSD.



MEET THE CREW



Cheryl, Linda, and Kat

Manager Linda (center) has the most years of service in our staff, with this being her 29th school year! Her dedication, experience, and leadership shine through her staff and food everyday. Thank you Linda!

GROWING GARDENS SPOTLIGHT

NHS instructor Corrina Hargett has a passion for creating connections and has used the school garden as both a classroom and as a jump off point for connecting students to their food. It is not just about growing food, it's about exploring food traditions, memories, making healthy choices and building community. She is an alumni of the Pilot Light Food Education Fellowship and was featured in their 2023 School Lunch Week program blog. Check out her amazing interview at the link below:



<https://pilotlightchefs.org/2023/10/09/corrina-hargett-grows-student-connections-to-school-food/>

WHAT'S GROWING ON?

-LCSD SCHOOL GARDENS-

We are hitting that cold, dark time of the year again. For the outdoor garden space this is a time for dormancy and planning for the spring. Some crops like kale will be harvested all winter and many of the hydroponic crops are at full production. There are things that students can grow at home that can add cheer to our short winter days. The families that came to Yaquina View's Winter Festival had the opportunity to take home microgreen growing kits, also known as the world's smallest gardens.



Growing microgreens are a great way to garden indoors



Half a pound of hydro-dill was harvested from Ms. Sanders' classroom tower at Sam Case

Students in Newport have been harvesting produce from both the outside gardens and the indoor hydroponic towers to use in their school lunches. We are thankful for the hard work our students, teachers, and kitchen staff are putting in to add fresh, nutritious, colorful and tasty school grown foods into our meals. The students carefully weigh the produce going into the kitchens so that we can track our progress.



- SCHOOL GROWN PRODUCE TRACKER-
176.8 pounds harvested since school started

Want to be part of an amazing team?
 Go to us.sodexo.com or call (541) 336-2156.



@lcsdschoolgardens



@Lincoln County Oregon School Gardens

FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



The Fresh Fruit and Vegetable Program (FFVP) is an important tool in our effort to combat childhood obesity. The program has been successful in introducing elementary school children (K-8) to a variety of produce that they otherwise might not have the opportunity to sample. This month's menu includes: Golden Berries, Persimmons, and White Grapefruit.

DID YOU KNOW?

Persimmons grow in trees that are very tall, sometimes up to 70 feet!



joke of the month
What do you call a group of cranberries playing music?
 A jam session.

GREAT JOB!

The Baby Boomers in Toledo are doing a great job using lunch cards each day to get lunch just like the big kids!

