

# THE MONTHLY FEED - FEBRUARY 2023

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## NUTRITION SERVICES

Lincoln County School District



## FUTURE CHEF IS BACK!



STUDENTS GRADES K THROUGH 5 ARE ELIGIBLE TO PARTICIPATE IN THE 7TH ANNUAL SODEXO FUTURE CHEF COMPETITION.

This year's theme is:

### Favorite Fruit or Vegetable Side Dish .

Two recipes will be chosen from each school, and those students whose recipes are chosen will be invited as finalists to participate in the cooking competition scheduled for **Saturday, March 18th from 9:00am to 2:00pm at Newport Middle School**. All finalists will receive a Chef's Coat, Apron & Chef's Hat. They will also prepare their recipes in front of a panel of judges.

The judges will vote and award in the following categories:

- Health-conscious foods
- Simple, kid-friendly preparation
- Fun kid foods
- Judge's Choice
- Best table presentation

This is a fun day for our staff, finalists, judges, and families.

We hope to see you there!



## MEET THE CREW

MANAGER ERIC LEADS HIS TEAM WITH CRAIG AND MARYELLEN AT TOLEDO JR/SR HIGH. TOLEDO JR/SR HIGH SERVES BREAKFAST AND LUNCH TO ALL STUDENTS PLUS THE BABY BOOMERS ATTENDING ON CAMPUS! ALL 6-8 STUDENTS ALSO RECEIVE A FRESH FRUIT AND VEGETABLE SNACK.

OUR TEAM ALSO PREPARES MEALS FOR THE TOLEDO HEAD START PROGRAM.



## THE COMPASS CUPBOARD



THE FOOD PANTRY HAS BEEN BUSY FEEDING STUDENTS AND FAMILIES AFTER HOURS AND ON WEEKENDS. THANK YOU TO OUR SITE COORDINATORS, HELP COORDINATORS AND HEALTH SERVICE ADVOCATES FROM EACH AREA. WE HAVE DISTRIBUTED OVER 8,000 POUNDS OF FOOD SO FAR THIS YEAR. WE WANT TO THANK ALL OUR COMMUNITY PARTNERS WHO HELP MAKE THIS A POSSIBILITY AND SUPPORT ENDING FOOD INSECURITIES IN LINCOLN COUNTY. A VERY SPECIAL THANKS TO THE NEWPORT GROCERY OUTLET AND WALDPORST LIONS CLUB

**GROCERYOUTLET**  
bargain market

## WHAT'S GROWING ON? -LCSD SCHOOL GARDENS-

LCSD WAS AWARDED A NEW \$81,253. ODE FARM TO SCHOOL COMPETITIVE GRANT! THE GRANT WILL FUND THE COMPLETION FOR THE FOUR WEST AREA SCHOOL GARDENS.

THESE GARDENS WILL SERVE AS A TEMPLATE FOR OTHER SCHOOLS AS THE GARDEN PROGRAM EXPANDS. GARDEN COORDINATOR SARA GIBSON IS HARD AT WORK ADDING MORE HYDROPONIC TOWERS THAT WILL SUPPORT GROWING OUR OWN SCHOOL FOOD YEAR ROUND.

WALDPORT HIGH'S FORESTRY PROGRAM IS BUILDING A HIGH QUALITY STORAGE SHED, GREENHOUSE. AND MILLING LUMBER FOR ADDITIONAL RAISED GARDEN BEDS.

IN THE BACKGROUND, THE FACILITIES TEAM IS WORKING HARD TO MAKE OUR SCHOOL GARDEN VISION COME TO LIFE. THANK YOU TO RICH, TIM, JOSH, ANNETTE AND ALL OF THE F&M TEAM!

## FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



THE FRESH FRUIT AND VEGETABLE PROGRAM (FFVP) IS AN IMPORTANT TOOL IN OUR EFFORTS 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:

- RAINBOW CARROTS
- RASPBERRIES
- LEMONADE APPLES
- PAPAYAS
- SUGAR PEAS
- RADISHES
- RED PEPPERS
- STRAWBERRIES

### DID YOU KNOW?

STRAWBERRIES HAVE MORE VITAMIN C THAN AN ORANGE AND ARE FROM THE SAME FAMILY AS ROSES!



## - GOING GREEN -



AS PART OF AN ONGOING GOAL, NUTRITION SERVICES IS WORKING TOWARDS A MORE ENVIRONMENTALLY RESPONSIBLE APPROACH TO SCHOOL MEALS. BY MAKING AN INVESTMENT IN PURCHASING REUSABLE BOWLS, PLATES, BASKETS, CUTLERY, AND ADDING MORE LOCALLY SOURCED FOODS, WE ARE DECREASING OUR OVERALL ENVIRONMENTAL FOOTPRINT.

BY SWITCHING TO REUSABLE CUTLERY ALONE, WE ESTIMATE THAT WE WILL KEEP 727,150 SPOONS AND FORKS OUT OF LANDFILLS EACH YEAR.



THE NEW SPICY ORANGE CHICKEN PIZZA, PREPARED BY OUR OWN PIZZA KING SHANE FROM NEWPORT HIGH!



MARK YOUR CALENDARS, MARCH 6-10 IS NATIONAL BREAKFAST WEEK! A HEALTHY BREAKFAST EACH DAY HELPS FUEL A CHILD'S ACADEMIC SUCCESS.



## - LOOK WHO'S MOVING UP! -

PLEASE HELP US CELEBRATE DANA CURRY'S RETIREMENT AFTER 40+ YEARS OF SERVICE. CONGRATULATIONS TO REBECCA SMITH FOR HER NEW ROLE AS THE KITCHEN TRAINING COORDINATOR. REBECCA HAS BEEN WITH SODEXO FOR 5 YEARS. REBECCA HAS A GREAT PASSION FOR FEEDING KIDS, ATTENTION TO DETAILS AND KNOWLEDGE OF NUTRITION GUIDELINES. WITH HER POSITIVE CAN-DO ATTITUDE SHE WILL DO GREAT!

