

Nutrition Service Update

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Making every day a better day

September 2012



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 9,494 breakfasts and 13,316 lunches from June 17th through August 30th at 21 serving sites. As projected, our meal counts were slightly below last year due to several sites that did not operate this year. 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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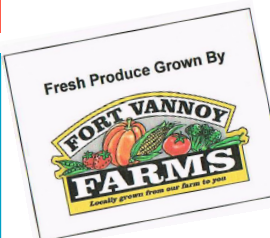
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Fresh Fruit and Vegetable Program

This year, we are continuing the Fresh Fruit and Vegetable Program which enables us to provide a snack each day to all students. Madrona, Fruitdale, Evergreen and Lorna Byrne schools will be providing this program starting on September 10th and offering a variety of fresh produce each mid-morning between breakfast and lunch. This year, we will be starting off with Red Seedless rapes and Cucumbers as our offering. Each week we provide nutritional facts and educational information about each product daily to assist in educating students about making healthy food choices. We continue to work with Fort Vannoy Farms to supply some locally grown products we are offering to our students each week.



Lift-Off!
Our
Nutritional
Ambassador

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School Meal Enhancements Coming This Fall



Rainbow Offering Bars are available to students participating in School Lunch.



As you may have heard, for the first time in 15 years, the USDA has made significant changes to school meals in an effort to curb childhood obesity. In December of 2010 the Healthy, Hunger Free Kid's Act was passed into law. In January of 2012 the U.S. Department of Agriculture released the final meal pattern requirements that are mandated by that law. What does this mean for us?

We have always wanted to provide you with the best possible healthy meal, so many of these "new" requirements are already in place.

- We have always offered a great selection of fruits and vegetables.
- You have already seen low fat and no fat milk in our schools.
- All of our sandwiches are made using whole grain and whole wheat breads. We are serving brown rice and other whole grain items, such as pastas and tortillas.

We will continue to analyze our menus to insure that we are in compliance with the Dietary Guidelines and USDA regulations for nutritious meals.

What is the Healthy Hunger-Free Kids

The final rule **updates the meal patterns** and **nutrition standards** for the National School Lunch and School Breakfast Programs to align them with the Dietary Guidelines for Americans.

This rule requires schools to increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals; reduce the levels of sodium, saturated fat and trans fat in meals; and meet the nutrition needs of school children within their calorie requirements.

These improvements to the school meal programs, largely based on recommendations made by the Institute of Medicine of the National Academies, are expected to enhance the diet and health of school children, and help mitigate the childhood obesity trend.

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Changes You May Notice

We will begin using a Food Based Menu planning system

Every meal will consist of five components: grains, meat/meat alternatives, fruit, vegetable, and milk. In order to be considered a student meal, the student must select three of the five components. We encourage students to select all five components to receive a balanced meal.

Every student will be required to take 1/2 cup of fruit or vegetable each day to make a reimbursable meal.

Larger portions of vegetables and fruit will be available to those students who want them. The minimum amount that a student will have to take is 1/2 cup of a fruit or 1/2 cup of a vegetable.

The rule also includes a minimum serving for dark green and red-orange vegetables.

The goal is to increase consumption of nutrient-dense fruits and vegetables and teach students about healthy food choices that will last a lifetime.

Legumes will be offered at least once a week

Legumes are full mature beans, such as black beans, kidney beans, pinto beans. The nutritious benefit of legumes is that they provide a rich source of dietary fiber and protein. You may see these items offered as a side item, such as roasted garbanzo beans. Or, they may be part of an entrée, such as refried beans in a burrito.

Thank You for Your Patience!

As you can imagine, any time we have this many changes at once there will be a learning curve, not only for you and your children, but for the food service and building staff as well. Please understand that there may be some slight bumps in the road as we all learn the new requirements and what menu items the students will like the most. We will do our best to serve your children quickly and to have their favorite selections available!



Enthusiastic
2nd Graders
from around
our district
enjoy the A to Z
salad bar offer-
ings at annual
Farm to Market

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Healthy Hunger Free Kids Act (continued)

Below, is a letter that has been sent home to each household to provide parents with information regarding the new HHFKA guidelines.

School Meals Encouraging Fruits, Vegetables and Whole Grains

You may have heard that there are new requirements for school meals. Most of these new rules will begin for school year 2012-2013. In preparation for these new requirements the Three Rivers School District Nutrition Services Department has already been gradually making changes before they were required.

Currently, school meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- Students to have ½ cup of fruit and/or vegetables on their tray for it count as a full meal. A wider variety of vegetables, including dark green and red/orange vegetables and legumes will be required.
- More whole grains
- Separate age-appropriate calorie limits for 3 grade groups; K-5, 6-8, and 9-12.
- Fat-free or 1% milk (flavored milk must be fat-free)
- Less sodium

We're always working to offer Three Rivers School District students healthier and tastier choices. We continue to work with local farms to provide our program with fresh, locally grown produce. You can help our efforts by encouraging your children to try new things at home and at school. Also consider joining your student for lunch or breakfast to see what is new.

School meals are a great value and a huge convenience for busy families too! With MealTime Online, parents can view their students meal account activity as well as making deposits onto their account.

We look forward to welcoming your children to the cafeteria this fall. To find out more about Three Rivers School District healthy school meals www.threerivers.k12.or.us and to get the facts about school meals visit www.TrayTalk.org.

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Annual Safety Training

This year our annual opening Food Service meeting was held on August 30th 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



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 complex^{3/4}B1 (thiamine), B3 (niacin), B5 (pantothenic acid), and B6 (pyridoxine). Cantaloupe is rich in anti-oxidants that can help prevent cancer and heart diseases.