

Nutrition Service Update

March 2010



Food Service Program Results

Participation percentages in the Food Service Program were above budget for lunches (up 2.10%) and down a bit on breakfasts (1.20%) in the month of February. With format changes at Secondary Schools, we have seen an increase in participation. Snacks exceeded budget (up 52.44%) as we continued focus on promoting the snacks at all sites and the addition of Lorna Byrne and Williams programs. We continue to focus on breakfast counts as this is the most important meal of the day and provides us with the greatest opportunity in the program. The staff has worked very hard to drive meal counts at all levels.

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Equipment

We were able to acquire a new holding cabinet at 50% of cost. This was a unit that was originally purchased for Fort Vannoy but when it shipped, it came in with dents, dings and upside down. We made a "deal" to purchase the holding cabinet, assuming the factory warranty if we chose to keep it. This gave us the opportunity to provide a much needed piece of equipment for the new Chopsticks program at North Valley High School. This was a savings of over \$1,000.00 to the District.



Lift-Off!
Our
Nutritional
Ambassador

Nutrition Services Office Team

Michael Morris, Food Service Director
michael.morris@threerivers.k12.or.us

Peggy Barry, Admin Assistant
peggy.barry@threerivers.k12.or.us

Donna Davis, Food Service Manager IV
donna.davis@threerivers.k12.or.us

phone - 476-4183 or fax - 471-2461

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Program Updates

- ⊖ The Chopsticks program is now operating in all High Schools. Next is implementation at all Middle School programs for more selection and increased participation.
- ⊖ Our new biodegradable paper plates have been implemented at all secondary schools reducing our carbon foot print.
- ⊖ New 4 compartment lunch trays have been ordered for all our elementary schools for the opening of the new school year.
- ⊖ New program marketing materials have been ordered for all levels and will be installed now through the start of the 2010-



Produce of the Month

This month our produce of the month is the Broccoli. Broccoli consumption has increased over 940 percent over the last 25 years! It's a good source of Vitamin A, and vitamin C, potassium, folacin, iron and fiber. Broccoli has as much calcium ounce per ounce as milk and contains a few important phytochemicals: beta-carotene, indoles and isothiocyanates. Phytochemicals prevent carcinogens (cancer causing substances) from forming. They also stop carcinogens from getting to target cells and help boost enzymes that detoxify carcinogens. So next time you sit down to eat and broccoli is on the menu. Remember it really is good for you!



Staff Birthdays

MARCH

Sarah Biggs—Williams
Lana Miller & Carey Polka—Fleming
Kim Thurman & Petra Turner—IVHS
Deena Burch—NVHS

HAPPY BIRTHDAY!!!



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Illinois Valley High School No Charge Lunch

In the month of February, we offered no-charge lunch to all students at Illinois Valley High School. Each day offered a different selection such as Teriyaki Beef with Brown Rice, Glazed Chicken Stir fry with Yakisoba Noodles and Orange Chicken with Fried Rice on a cart out in the main service line area. With free and reduced percentages exceeding 80% at the school, we felt that this was a great opportunity to test the program for student participation and financial integrity. The results proved that we fed over 75 additional students over August–January averages. We have extended the trial until spring break to allow a better financial picture and ultimately determine if the program can succeed financially.

In addition, we added impulse purchasing of healthy additions to the reimbursable lunch meal. This included offerings such as assorted baked chips and a wide variety beverages that all meet the healthy criteria of House Bill 2650.

My thanks and appreciation goes out to the Illinois Valley High School Administration and Staff who eagerly assisted us in the rollout of this new program for all our students.



Safety

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

Lock out tag out training - Procedures for ensuring equipment is rendered inoperable when cleaning or repairing.

Thermometers - Proper cleansing, sanitizing, calibration and use of stem and probe thermometers.

Good Housekeeping— Guidelines for a clean work environment.

Thawing Food - Approved methods for thawing frozen food products

We will continue this school year with staff awareness, increased focus and informative safety 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!

