

Nutrition Service Update

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October 2012



Food Service Program Results

Participation percentages in the Food Service Program were right at budget for breakfasts and lunches in the month of September. Snacks were below budget as several programs do not start until mid October. Supper programs were slightly below budget as enrollment has been low at the start of school. We have launched an advertisement for the Boys and Girls program to assist in the increase in enrollment in all sights. 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 continues to work on promoting fruits and vegetables to the students to round out a complete reimbursable meal.

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Fresh Fruit and Vegetable Program



The month of September offered students a wide variety of fresh fruits and vegetables at snack time for the Fresh Fruit and Vegetable Program. Pluot's, Watermelon, Ruby Red Grapes, and Kiwi were just a few of the items we offered. The students continue to be excited about the program and very willing to try some of the items that are not generally available on a regular basis. We continue to look for unique produce items to offer our students in the Fresh Fruit and Vegetable Program.



Lift-Off!
Our
Nutritional
Ambassador

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Upcoming Events

Oregon School Board Association - November 8th—10th in Portland We invite you to attend our client reception on Friday, November 9th.

Thanksgiving Holiday Meal - November 15th at all our schools. We will be serving our traditional Thanksgiving meal with all the trimmings.

December Holiday Meal - December 13th at all our schools. A great day of Holiday favorites for all students, staff, and parents.

We extend an invitation to all to join us for lunch!



Produce of the Month



This month our produce of the month is the Cherry Tomato which has been offered on our Garden Bar daily. Cherry tomatoes are eaten freely throughout the world, and their consumption is believed to benefit the heart, among other organs. They contain the carotene lycopene, one of the most powerful natural antioxidants. Lycopene has also been shown to improve the skin's ability to protect against harmful UV rays.

The heaviest tomato ever, weighing 3.51 kg (7 lb. 12 oz.), was of the cultivar 'Delicious', grown by Gordon Graham of Edmond, Oklahoma in 1986.^{[4][unreliable source?]} The largest tomato plant grown was of the cultivar 'Sungold' and reached 19.8 m (65 ft.) in length, grown by Nutriculture Ltd (UK) of Mawdesley, Lancashire, UK, in 2000.

Kitchen of the Month

Each month at our monthly Manager meetings we recognize one of our kitchen teams for going above and beyond their job expectations. Our recognition for September was:

Fort Vannoy Elementary —for exceptional dedication to the program. The walk-in freezer at Fort Vannoy failed the first week and all frozen product had to be moved to the Food Service Warehouse. Kathy Briggs, Kitchen Manger, did an outstanding job ensuring meal plans went uninterrupted while juggling her daily routines, enrolling 65 new kindergarteners, creating and laminating new lunch cards, all while presenting and fantastic attitude. In addition, Kathy made several trips to the warehouse to pick up food for the upcoming days service. Outstanding Job Kathy!!!



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Equipment



September was a tough start for equipment in our kitchens across the district. Breakdowns occurred dishwashers (3), freezers (3), refrigerators (2), steamers (2) and milk coolers (2) Repairs have been completed with a cost of nearly \$3,800.00 and a loss of food valued at \$800.00 at Fort Vannoy and the Food Service Warehouse. We continue to closely monitor temperature levels in all our refrigeration units to ensure the safety of our food product. As our equipment is tired and aging, we continue to look for a more permanent solution to the problem rather than the “quick-fix “ solution.

Safety

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

Safe Knife Handling - A guide to safety precautions to be followed when using a knife

Personal Hygiene - Guidelines for keeping yourself clean and healthy.

Lock Out/Tag Out– Rules for disabling un-used or broken equipment.

Preventing Cross Contamination - Staff procedures for proper storage, production and service of food products.

Safer Lifting— easy do's and don'ts for safer lifting techniques .

We 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!



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Healthy Hunger-Free Kids Act Update

The HHFKA is now in full stride. The new program started on the first day of school and has had its challenges, but we are seeing improvements each and every day.

Students are required to take at least three out of the five components (below), one of which must be a fruit or vegetable in order to qualify as a reimbursable meal.

Grain (2) - Fruit (1/2 cup) - Vegetable (1/2 cup)

Milk (8 fluid ounces) - Meat/Meat Alternative (2 oz.)

Students choose their meal each day and go to the point of sale checkout to qualify their meal and account for the purchase on their lunch account. In the event a meal does not have the necessary quantity of components, the student is sent back to get additional components from the service line or Garden Bar.

Many students have been reluctant to take the required fruits and/or vegetables. To keep the line flow moving, we have put a basket of fresh fruit at the check out to offer any student that is missing a required component. In addition, we are in the process of installing item identifiers on each of the elementary salad bars that will show students and staff the quantity of fruit or vegetable needed to meet the component guidelines.

All recipes have been re-written for our program to ensure that components are represented in the correct quantities for each meal. Production plans are monitored daily to ensure we are meeting USDA guidelines for the program.

Changing from a nutrient base to a component based menu, has also added an additional challenge for staff to properly identify components in each recipe. The staff has been working hard to learn the new program standards and ensure that all meals meet program regulations.

Bell Pepper



1/4 Cup

1/4 Large
Pepper
3 Slices

1/2 Cup

1/2 Large
Pepper slices
5 Slices

1 Cup

1 Large
Pepper sliced
10 Slices