

Nutrition Service Update

December 2011



Food Service Program Results

Participation percentages in the Food Service Program were right at budget for breakfasts and lunches in the month of October. Snacks above budget and are increasing as we find additional opportunities for service. Supper programs also continue to increase due to increasing enrollment in our Boys and Girls programs because of our local media advertising efforts. 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 providing excellent customer service to all our students creating a warm and inviting environment in each of our cafeterias.

Inside this Issue:

Table of Contents

Program Results Fort Rural Metro F.D. Our Team	1
Upcoming Events	2
Produce of the Month	
Kitchen of the Month	
Toys for Tots	3
Safety	
Healthy H.S. Challenge	



Rural Metro Fire Department

We have formed a partnership with the crew of Rural Metro Fire Department in Grants Pass. Firefighters have assisted our cafeteria staff by serving lunch at several of our elementary schools each week. The firefighters arrive in their decked-out truck, all dressed up in their uniforms. This has been a great community service that offers assistance for our program while giving the fire department positive exposure to all our students.



Lift-Off!
Our
Nutritional
Ambassador

Nutrition Services Office Team

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

Donna Davis, Admin Assistant
donna.davis@threerivers.k12.or.us

Wren Murphy-Sheldon, Catering Manager
wren.murphy-sheldon@threerivers.k12.or.us

Nutrition Service Update

sodexo
Making every day a better day

December 2011



Upcoming Events

December Holiday Meal - December 14th at all our schools. A great day of Holiday favorites for all students, staff, and parents.

Toys for Tots — November 8th through December 18th

Farm To Market — Jerome Prairie Elementary, dates TBD

We extend an invitation to all to join us for lunch for our Holiday Meals!



Produce of the Month

This month our produce of the month is the Ruby Red Grapefruit. Ruby red grapefruit was first developed in the 1920s in Texas, according to Drugs.com. This variety of grapefruit has a yellow exterior rind and a bright red edible interior. The membrane and rind of grapefruit are bitter, but the fruit itself is a combination of sweet and tart flavors. Other varieties of grapefruit include white and pink grapefruit. Because grapefruit can interact with some drugs, anyone on prescribed medication should talk to his doctor before adding grapefruit to his diet. According to World's Healthiest Foods, the vitamin C content of ruby red grapefruit may help fight colds. Vitamin C also acts as an antioxidant and may help prevent cancer and heart disease. Red grapefruit can lower triglycerides and LDL, or bad cholesterol, levels in individuals with arteriosclerosis, according to a March 2006 study in the "Journal of Agricultural and Food Chemistry."

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 December is:

Madrona —for an increase in breakfast sales over last year of over 15%. Our ladies in the cafeteria promote the program extremely well and encourage every student to participate in the breakfast program each day. They create a warm, inviting environment for all students and staff, making the cafeteria a fun place to visit. Congratulations to both Jenniffer and Ronda for an outstanding job!!!



Nutrition Service Update

sodexo
Making every day a better day

December 2011



Toys for Tots

The barrels are in place in all of our schools as well as the District Office for this year's **Toys for Tots** campaign. New, unwrapped toys will be collected through December 15th and distributed on Saturday, December 17th from 9 am to 2 pm at the Rogue Valley Young Marines Headquarters in Merlin. We are proud to be a part of this campaign for the fourth straight year, which benefits needy families in our community from Wolf Creek, Grants Pass, Murphy, Merlin and south to the Illinois Valley this Holiday Season.

Safety

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

Holding Hot and Cold Foods - Guidelines for keeping food at the proper temperature for service to our students

Preventing Slips, Trips and Falls - Guidelines for proper floor care and storage etiquette.

We will 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!



Healthy High School Challenge

The Healthy High School Challenge is a nation wide program, sponsored by Sodexo, that helps educate students about making healthy meal choices by promoting nutritious meals in all our high school cafeterias. Points are awarded to each high school for their meal participation throughout the month of November and December. Points are tallied for each of three categories; Combo Meals, Snack and Beverage and Total Points. At the end, prizes will be awarded for the highest point totals. Currently, all three of our High Schools are on the top 100 list for the entire U.S. You can track the Challenge on FaceBook @ <http://www.facebook.com/SodexoHHSC>

