

THE MONTHLY FEED - MAY 2024

jamie.nicholson@lincoln.k12.or.us
sara.gibson@lincoln.k12.or.us
patty.graves@lincoln.k12.or.us

NUTRITION SERVICES

Lincoln County School District

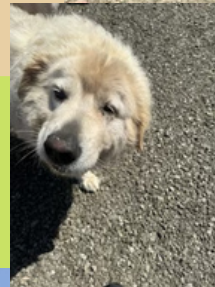
School Meals Gardens Food Pantry



Growing Foods - Growing Minds - Feeding Our Future

LOCAL BEEF, IT'S WHAT'S FOR LUNCH

When you think of Lincoln County and food, the mind typically goes to seafood, but did you know that we have some great quality beef in our own backyard? The Nutrition Services team, in partnership with Central Coast Food Web, got to tour a few Siletz area cattle farms to discuss bringing local beef into our school meals. During the tour, we visited Gibson Farm, Euchre Creek Farm, and Moonshine Cattle Company. Owners answered our non-rancher folk questions and showed us all the steps it takes to produce a happy, healthy cow. As a bonus, the owners also let us love on some baby animals and introduced us to the livestock guardian dogs.



**Central Coast
FOOD WEB**

Central Coast Food Web provides shared space & equipment for producers who grow and land seafood on the central coast to process and store food. They build new markets to make it easier for people to find and buy local produce, meat, and seafood.

For more information, visit centralcoastfoodweb.org



WHAT'S GROWING ON?

-LCSD SCHOOL GARDENS-



I SPY IN THE GARDEN

On a recent visit to Yaquina View Elementary School, Garden Coordinator Sara Gibson overheard the sounds of excitement and discovery. She saw YV's ELD Teacher, Andria Douglas, working on language development in the school garden.

Andria was using the laminated Garden Scavenger Hunt, Grab and Go garden activity to hunt for things you will see in a school garden. Sara said "It brought tears to my eyes to see how excited the kids were to find worms in the garden beds and exclaim "WORMS!!!!!" We love seeing the Nutrition Services motto of Growing Foods - Growing Minds - Feeding our Future put into practice in the garden.



FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)



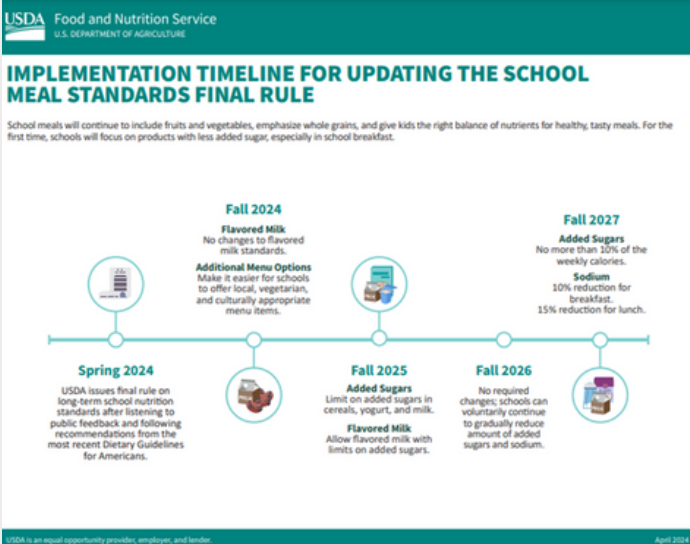
The Fresh Fruit and Vegetable Program (FFVP) is an important tool in our effort to combat childhood obesity. The program has been successful in introducing elementary school children (K-8) to a variety of produce that they otherwise might not have the opportunity to sample. This month's menu includes: Red Pears, Avocado, Purple Cauliflower, Watermelon, Strawberries, Kiwi, and Tangerines.

DID YOU KNOW?

Watermelons are over 90% water. The high water content makes them a refreshing and hydrating fruit, perfect for hot summer days. Watermelons are actually a fruit, not a vegetable. They belong to the Cucurbitaceae family, which includes other fruits such as pumpkins, cucumbers, and squash.



NEW USDA MEAL PATTERN STANDARDS - FINAL RULE



For more information visit <https://www.fns.usda.gov/>

Want to be part of an amazing team?
Go to us.sodexo.com or call (541) 336-2156.



@lcsdschoolgardens



@Lincoln County Oregon School Gardens

joke of the month

Q: What did the bun do when its plans suddenly changed? A: It rolled with it.

SHE WILL BE MISSED

Heidi Rock was a valued employee in our kitchens for 5 years. She then returned as a job coach via our community partner Exceed, supporting staff at both Toledo Elementary and Crestview Heights.



Heidi passed away 4/23/24 and will be greatly missed.