

Improve Quality of Life: Falling Leaves



Autumn leaves are beautiful—but removing them can be a lot of work! The American Chiropractic Association says homeowners should take care to prevent injuries while leaning up the yard. When raking, ACA recommends uses the scissor stance: keep your right foot forward and left foot back for a few minutes then switch. When bending over, always bend at the knees, not the waist!

Promote Student Well-Being: Supply Chain Disruptions

Offering a wide range of healthy and delicious menu choices has always been an essential part of our dining program in Morrow County School District. Providing healthy breakfasts, lunches, and snacks containing wholesome ingredients ensures our students are ready to perform at their highest levels in the classroom, on the sports field, and throughout their day. We see this as an important part of what makes our Morrow County School District such a thriving learning community.

If you've shopped in our local grocery stores or dined in some of our neighborhood restaurants, you may have noticed that some of your favorite items may be temporarily unavailable. Global supply shortages, transportation delays and even inclement weather have all contributed to the limited availability of pantry staples and specialty products alike. Unfortunately, our Morrow County School District food service program isn't immune from some of these challenges.



Since the beginning of the school year, we have experienced product shortages. We are anticipating some products and ingredients will continue to be unavailable to us because of these never-before-seen disruptions. However, you can rest assured that we're working diligently to ensure balanced nutritious meals that meet and exceed USDA guidelines will continue to be featured across our menus. At the same time, we're also doing everything that we can to make sure student and parent favorites are also available, even when the most popular products might be in high demand. With so many delicious menu items to choose from, we're confident that students will always find something they enjoy eating.



We apologize for any inconvenience that these product shortages might cause and sincerely appreciate your patience. As always, we welcome your questions and feedback.

Back to Normal Meal Service? Almost!

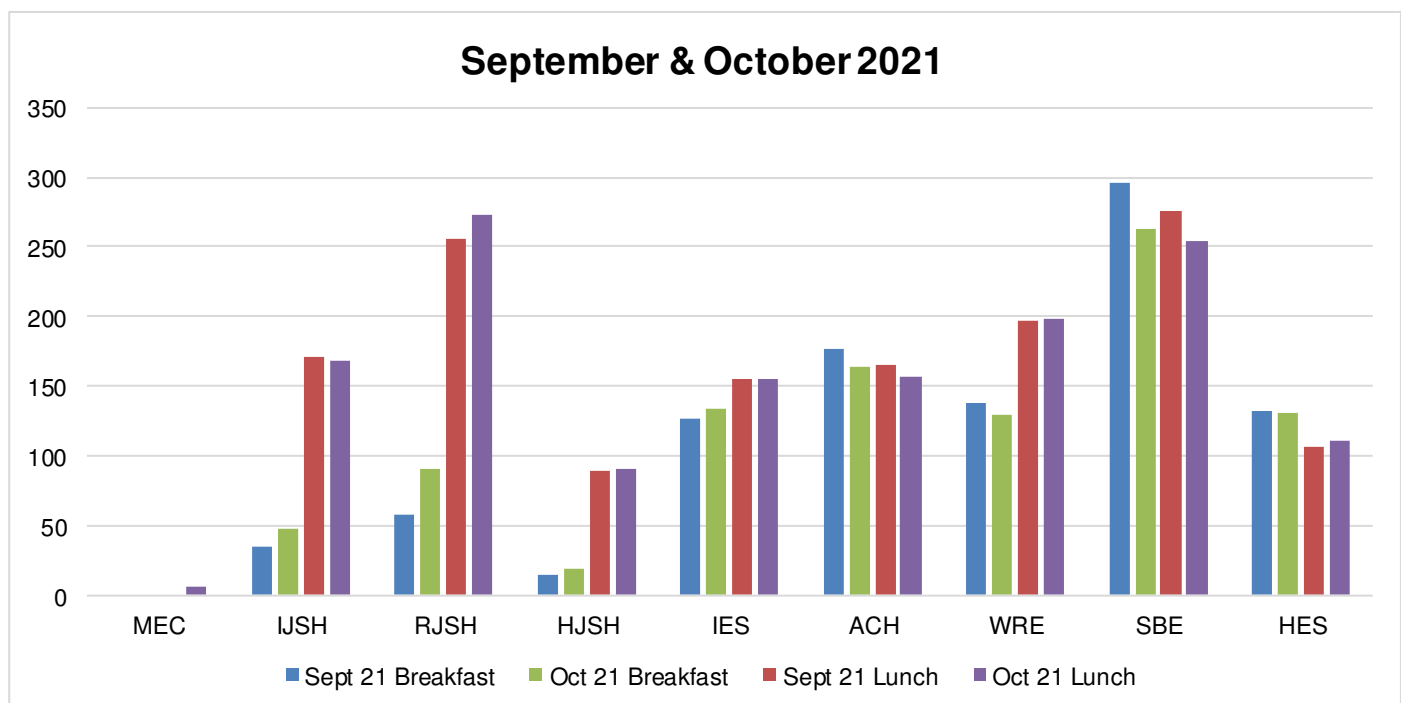
At the end of the 2020-21 School Year, the secondary schools were able to go back to cafeteria service utilizing social distancing and outdoor seating. As of October 2021, all Morrow County Schools are serving lunch in the cafeteria. The student's health and safety is the number one priority. In addition to social distancing and masks the following is implemented.

1. Touchless utensil and napkin dispensers. Each fork, spoon, and napkin is touched only by the person taking it and another drops in its place for the next person.

2. Tongs and serving utensils are replaced with clean throughout meal service.
3. Surfaces are cleaned and sanitized throughout meal service.



Performance: Average Daily Participation



The chart above compares the average daily participation (ADP) during the months of September & October 2021. This school year, we are happy to see a more traditional service model and continue to see an increase in meals served!

As the weather turns colder we are excited to highlight some fall favorites during our meals, like classic mashed potatoes over turkey gravy!

Improve Quality of Life: Dietitian's Corner

Welcome to the dietitian's corner! In every newsletter Sodexo's West Region registered dietitian and core menu planner, Stacie Reiter, will be sharing nutrition tips and helpful information!

Take charge of your health this fall! Preventive care can help identify medial issues before they become problematic resulting in prompt and less invasive treatment. This can help reduce your long term medical costs and help you stay healthier! Most preventive care can be done at no cost to you with insurance.

Start with an annual check-up! A yearly check-up is important for people of all ages in the prevention and management of chronic diseases. Your doctor will likely review your medical history, take some routines labs, and go through a physical. This is a great time to ask your doctor any questions you may have about your health and taking the steps you need to stay healthy.

Complete your routine screenings too. Routine screenings specific to sex and age can help with early identification and treatment of many diseases like cancer. Screenings may include a DEXA scan, a well woman visit, colonoscopy, a skin cancer screening, and a mammogram.

Be sure to also visit your dentist for your dental cleanings. Bi-annual dental cleanings are more than just cleaning your teeth. They can also help identify issues that if addressed early can prevent further gum disease, tooth loss, and cavities.

Visiting your eye doctor can't be overlooked either. Routine eye exams vary in frequency from person to-person depending on their vision, family history, age, and other medical conditions. Routine eye exams check your vision, update prescriptions if needed for contacts or glasses, and screen for eye diseases.



Created by Joshua Becasen

More than ever, it's important to check in with your mental health too. Traditional in-person or virtual appointments with a mental health expert can help with sorting through the stressors of life. This can be physical, mental, emotional, social, or a traumatic experience that impacts daily life.

Finally, an overall positive nutrition goal is incredibly important. Visiting with a registered dietitian can be impactful in the prevention and treatment of many chronic diseases. A dietitian can equip you with the tools that work for you to live a healthier life.

Stacie Reiter, RDN, SNS
Registered Dietitian &
School Nutrition Specialist



My name is Kim Putman and I am the Director of Nutrition Services for the Morrow County School District. I love working for Sodexo and Morrow County School District and supporting their values. I am passionate about supporting the Morrow County Nutrition Services Team in our pursuit of enriching the lives of our student body, staff and community.

Feel free to reach out to me with any questions! My phone number is 541-481-2526 Ext. 2726 and my email is kim.putman@morrow.k12.or.us.

Promote Student Well-Being: School Meal Service during the Pandemic

We want to remind everyone that the Morrow County School District is still serving meals at NO CHARGE to all children through USDA's National School Lunch Program Seamless Summer Option (SSO)! No charge meals will be provided for the duration of the 2021-22 school year!

The SSO maintains the nutrition standards of the standard school meal programs – including a strong emphasis on providing fruits and vegetables, fluid milk, whole grains, and sensible calorie levels, while allowing schools to serve meals to all children at **no charge**. This flexibility, a version of which was first implemented at the beginning of the pandemic, is part of the federal government's plan to reopen schools safely. Please note: adults and students wishing to purchase ala carte items like a single milk must pay for those items.

We expect a return to normal meal service in the 2022-23 school year and will still qualify for all Free meals due to CEP (Community Eligibility Provision).

Many studies have shown that students are more productive at learning when they are free from hunger and well nourished so allow us to help your school year be successful and partake in school meals this year!



This year we have seen an increase in the number of meals served to our students and are happy to be a part of their daily routine!



Fresh Pick of the Month

Fresh Pick is a nutrition-education program of Sodexo and is designed to further the awareness of the many benefits of eating fruits, vegetables and whole grains among students, parents, guardians, faculty, staff and the entire community.

Our Fresh Pick in October was Broccoli and November is Pears. Fresh locally grown pears are featured each week in November. Nutrition facts information and activities are emailed each month to teachers to help with nutritional education in the classroom.



freshpick review

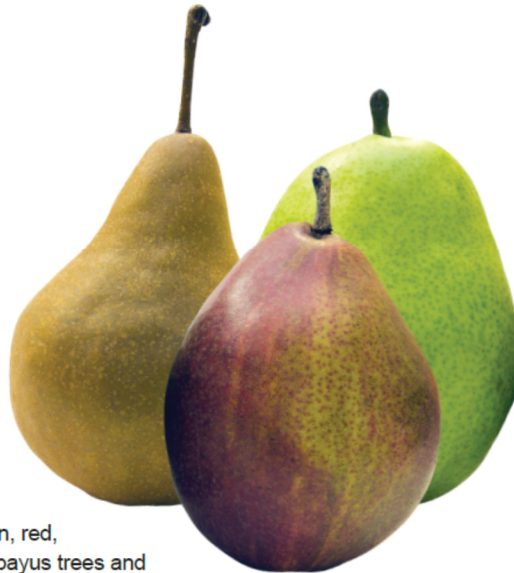
PEARS

Prepare to be Healthy

Pears are a great addition to any meal, as they can be incorporated into breakfast, lunch, dinner, dessert, and of course, snacks. Whether they are fresh, dried or canned, pears are a great fruit to add to your daily diet. pears are found in a variety of colors, including many different shades of green, red, yellow/gold, and brown. Grown on a variety of payus trees and shrubs, Pears were hailed as a "gift of the gods" in The Odyssey by Homer, the Greek poet. For more than 4,000 years, the power of the pear has been a recognized delight. Today, pears are a fruit favorite all over the world. In the United States, the Pacific Northwest growers produce 80 percent of the nation's fresh pears grown domestically!

Nutrition NOTES

There is no doubt that pears are more than just a delicious snack or addition to any meal, they're a bona fide champion of health. Pears are a source of many different vitamins and minerals, particularly potassium and copper, and are high in fiber and carbohydrates. In the case of pears, the carbohydrates are primarily in the form of glucose, which is the main energy source for most of the cells in your body. Potassium helps manage nerve and muscle function, while also keeping body fluids in balance and regulating blood pressure. Meanwhile fiber promotes digestive health and also has positive effects on blood sugar and blood cholesterol. Meanwhile, fiber promotes digestive health and also has positive effects on blood sugar and blood cholesterol. The best part is, all of this nutrition is available from a food that is virtually free of fat and cholesterol and has less than 100 calories per serving.



The *Fresh Pick Review* is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured **Fresh Pick** item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our *Fresh Pick Review* even better, please email your suggestions or comments to freshpick@ideaworksfoodmarketing.com.

Did You KNOW?

- There are more than 3,000 varieties of pears, and the most popular pear in the United States is the Bartlett.
- It is an old Korean proverb that, "Eating pears cleans the teeth."
- Bartlett, Bosc, Comice, and Concorde are just a few of the more commonly enjoyed varieties of pears.



Chef Remmi Smith is Sodexo's first ever "Student Ambassador for Nutrition and Health" and is host of a health based TV cooking show "Cook Time with Remmi™." In her new role, Remmi will have the opportunity to positively impact the lives of students in Sodexo-served school districts across the country by having the opportunity to speak directly to the students through specially produced videos, nutrition education materials and in-person appearances.





Let's Get Cooking

PEAR SALSA

INGREDIENTS:

- 1/2 C Onion-small dice
- 1 Jalapeno pepper-minced
- 1 Yellow bell pepper-medium dice
- 1 Green pepper-medium dice
- 1/2 Cucumber-medium dice
- 2 C Pears (medium dice)
- 1/4 C Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

DIRECTIONS:

Prepare all ingredients as directed and mix in a bowl. Mix orange juice/lime juice/olive oil in small jar. Pour just enough dressing on the salsa to coat. Serve with baked corn chips.

For The RECORD

HEAVIEST PEAR

WHO Ja Aichi Toyota Nashi Bukai
WHERE Japan
WHEN 11 November 2011
DETAILS The heaviest pear on record was 6 pounds, 8 ounces and was grown by JA Aichi Toyota Nashi Bukai and presented at the JA Aichi Toyota main office in Toyota, Aichi, Japan on 11 November 2011. The pear was of the atago variety. This variety is the biggest pear in Japan and it is original from the Okayama.



It's All HISTORY

Many experts believe that European pears and Asian pears evolved separate during the same approximate time in history, around 1,000 BC. Certain types of pears are native to parts of Africa. Before the beginning of the 1500's when European colonists started to bring pears to North America, they were not native or enjoyed in the United States. Even after the pears were brought to the colonists of the United States, they continued to import them from Europe rather than grown pears themselves. Today, the vast majority of pears come from Argentina, Chile, China, South Korea and New Zealand.

Source: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=28#historyuse>

By The NUMBERS

75,000 metric tons
 THE AMOUNT OF PEARS THE
 U.S. IMPORTS EVERY YEAR

The amount of calories
 IN THE AVERAGE
100 PEAR.

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 for better health
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