

FOOD FOR THOUGHT

A publication of OUSD Nutrition Services

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SCHOOL FOOD FOCUS COMES TO OAKLAND

We were thrilled when Oakland was chosen to host the 5th National Gathering of School Food FOCUS, a national collaborative whose aim is to make school meals nationwide more healthful, regionally sourced, and sustainably produced.

From all across the country, over 250 school food service professionals, staff, allies, partners and industry folks convened in The Town to share their experiences and learn from each other. Participants were also able to visit farms, tour facilities and prepare and enjoy delicious food!

Our Director, Jennifer LeBarre gave an inspiring keynote address during which she shared her personal journey in school food and the progressive work of OUSD. Three cheers! Overall, the gathering reaffirmed the importance of our work and the fact that by working together we are indeed making school food more healthful, regional and sustainable.

The school meal program is not a job or even a career, it is a calling. By making thoughtful changes to the meal program and seeking meaningful partnerships we can affect change for our children, communities, and employees. I consider myself lucky, blessed to be working in Oakland, to be working with a wonderful team, and to be able to share moments like this with you, people that have had the same calling.



- Jennifer LeBarre
Transforming School Food 2014

Upcoming Events



National School Breakfast Week March 3rd - 7th

We'll be celebrating with new menu items and a special Dr Seuss birthday breakfast of Green Eggs and Ham. Check your school's breakfast menu for details.



Oakland Veg Week April 21st - 27th

We'll be serving up veggie options and invite you to take the pledge & go veg!
<http://oaklandveg.com/>



Nutrition Advisory Council (NAC)

If you are interested in school food and the future of OUSD Nutrition Services, we'd love for you to join us at our next NAC meeting.

May 6th
3-4:30 pm
Tilden Campus
4551 Steele Street

Employee of the Month!

Our newest employee of the month “really has her heart in this job”. She is “dedicated and hardworking” and the “students are so lucky to have her.” Congratulations to:

Our February/March Employee of the Month: Helen Pan

Do you know someone who deserves to be Employee of the Month? Please let us know! Just fill out a nomination form, which can be found at the High Street Office, and either drop it in the nomination box right there, or fax it to 434-2259. Our Employees of the Month receive recognition at the managers meetings, a certificate, and a gift card!

Green Gloves Program

Is this cup compostable? Can I recycle the plastic lid? What about paper - is all of it recyclable?

Let's face it; waste sorting isn't the easiest thing in the world. That's why we're so pleased to have been working with Waste Management to update our Green Gloves waste sorting system signage. Our new customized signs are sure to help students and staff alike sort their waste more quickly into the correct bins.

For more information about Green Gloves,
contact: Nancy Deming
510-290-4875
nancy.deming@ousd.k12.ca.us



Green Gloves in action at Castlemont



California Thursdays are a big hit!

This school year from October through March, we've designated one Thursday each month a "California Thursday" meaning that all menu items served that day are grown, raised and/or produced right here in California. This innovative program has proved wildly successful not just with the students, but with our staff as well.

In February, we created a delicious vegetarian noodle dish featuring Bok Choy from Bakersfield, Soba Noodles from Los Angeles and Tofu from Berkeley! (Why not recreate this popular dish at home? See recipe on the last page of this newsletter)

This month we'll be serving another popular California Thursday meal: Chorizo with Greens.



But we're saving the big California Thursday news for April. Not only will we serve a delicious new meal (Lemon Oregano Roasted Chicken & brown rice, anyone?), but beginning on Earth Day, April 24th, California Thursdays will change from a monthly program to a weekly program. Yep, from Earth Day through the end of the year, Oakland students will eat California food every single Thursday. We're so proud of taking this next giant step in our Farm to School work and we hope you like it too!

Connect with us on social media and you'll always be in the OUSD Nutrition loop!



We're on Facebook!
"Like"
Oakland Unified School District,
Nutrition Services
www.facebook.com/OUSSFood



We're on Twitter!
Follow
OUSDFood
<https://twitter.com/OUSSFood>

Spotlight on Stonehurst Campus



As part of the School Food FOCUS National Gathering, educators from across the country took a field trip to the Stonehurst Campus to see our great work in action. They visited the school garden, cafeteria and school based produce market and learned all about California Thursdays and Green Gloves.

Special shout out to Silvia Fong and our staff at Stonehurst for making it a memorable visit for all.





OAKLAND UNIFIED SCHOOL DISTRICT

Community Schools, Thriving Students

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OUSD Nutrition Services continually strives to create a world class nutrition services program. Our goals are three-fold:

- 1) to become recognized as the leading school nutrition services provider in California,
- 2) to become the number one revenue generating Service Area for the District, and
- 3) to serve high quality, healthful meals to satisfied customers each and every day.

Questions or comments about Food For Thought? Please email ericka.doolittle@ousd.k12.ca.us

SESAME NOODLES WITH TOFU & BOK CHOY

Ingredients:

1/2 lb rice or soba noodles, cooked until al dente

Sauce

- 2.5 tbsp light soy sauce
- 1.5 tbsp water
- 1 tbsp rice vinegar
- 1/2 tsp sugar
- 1/2 tsp toasted sesame oil

Stir-Fry

- 1 tbsp vegetable oil
- 1 lb baby bok choy, washed and roughly chopped
- 1 clove garlic, peeled and finely chopped
- 1/2 tsp fresh ginger, peeled and finely chopped
- 2 to 3 scallions, washed and sliced
- 1 lb firm tofu, drained and cubed
- 1 handful fresh cilantro, washed and chopped



Try this popular
school lunch
recipe at home!



Directions:

- Combine all sauce ingredients in a small bowl and set aside.
- In a large wok or skillet, heat the vegetable oil over medium high heat and add the bok choy—cook until just wilted 1-2 minutes, then add the garlic, ginger, and scallions and cook another minute until fragrant.
- Add the diced tofu and the sauce and bring to a boil.
- Toss with the noodles, taste for seasoning—adding more soy sauce, vinegar, and/or sesame oil as needed.
- Sprinkle over the cilantro and enjoy!