



Canby School District

Volume XIII

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Promote Student & Parent Success: Future Chefs 2017

While healthy eating can be a challenge, twelve of our elementary school students used their creativity and culinary skills to create healthy comfort food recipes in the 2017 Sodexo Future Chefs Challenge on March 21.



Canby School District Competitors

Our competition was held at Baker Prairie Middle School kitchen. It was a sunny Tuesday and the kids were full of excitement as they entered the commons and checked in. Our competitors included:

- Hannah Rue and Gracie Dodd from Carus Elementary School
- Connor Adams and Reagan Robinson from Eccles Elementary School
- Riley Stewart and Mollie Moore from Knight Elementary School
- Chris Tejerano and Maren Bowsby from Lee Elementary School
- Adriana Mendoza and Sarah Tishendorf from Trost Elementary School
- Hallie Knutson and Madi Bigej from Ninety-One School



Chef Dave's Kitchen Safety "Bootcamp"

We had a great group of volunteers too! Members of the nutrition services team, school board and school district administrators as well as previous competitors (now Baker Prairie students). Sodexo's regional chef, Chef Dave, also joined our team for the

day and lent his expertise in food safety, preparation techniques, general cooking and plate presentation.

The twelve competitors first learned about kitchen safety from Chef Dave and then prepped, cooked and plated their recipes before presenting them to a panel of six judges. The recipes were judged on originality, healthy attributes, easy preparation, kid friendly, taste and plate presentation.

After two hours of careful cooking followed by some thoughtful judging; our top three finalists were announced:

1. Madi Bigej—Cauliflower Tots
2. Gracie Dodd—Rai-Cinn-Apple Oat-i-Licious
3. Mollie Moore—Veggie Rice Bowl



Winning Recipe: Cauliflower Tots

Madi's recipe was then entered into the regional contest where 40 competitors were chosen and **she was chosen as a Top 40 Finalist!**

From here, five lucky regional finalists will go on to become national finalists who compete for the public's vote on SodexoUSA.com.

The Sodexo Future Chefs Challenge is just one of the many ways that the company shares its health and well-being expertise with the clients, customers and the communities it serves. Follow the Sodexo Future Chefs Challenge at [#SDXFutureChefs](https://twitter.com/SDXFutureChefs).



Champion Madi Bigej



Nutrition • Achievement • Environment • Community • Activity



Nutrition: Fresh Pick of the Month

Our fresh pick of the month for April is artichoke—which is technically a flower bud that hasn't bloomed. April is the first full month of spring and it brings artichokes to life.

Artichokes are a perennial thistle that originated in the Mediterranean. Now, California is a major producer of the artichoke supplying 100% of the US crop and nearly two-thirds of the world's artichokes. A 12 ounce artichoke contains 25 calories, no fat and 4 grams

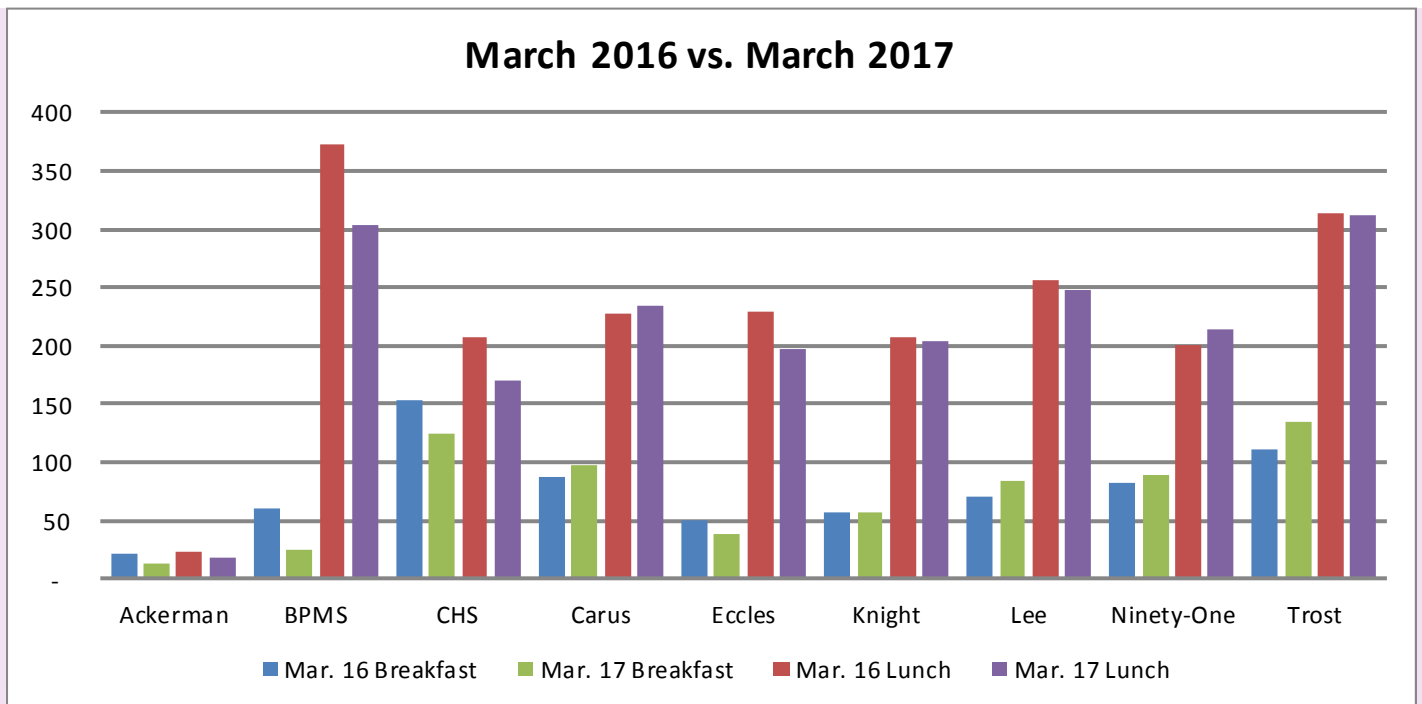
of dietary fiber! They also contain a significant source of vitamin C, folic acid and magnesium.

When selecting an artichoke look for one with an even green color. Artichokes can range in sizes from baby to jumbo with unique flavor profiles at each size and, if trimmed properly, every part of an artichoke is edible. Artichokes can be steamed or boiled, eaten cold or hot as a dip, filling, topping or main dish with melted butter or aioli.



People can be intimidated by artichokes because of their bristly exterior but they are full of tender meat that is a fun to prepare and of course eat! Everyone enjoys pulling petals while eating this vegetable!

Performance: Average Daily Participation



In the chart above the average, daily meals served during March of 2016 are compared against the average, daily meals served during March of 2017. During March 2017 we saw a 5% district wide decrease in meals served compared to March 2016.

However during March we participated in a fun Dr. Seuss themed day and a St. Patrick's Day themed day as well and on those days we saw an increase in lunch meals served of 32%!

We have been carefully monitoring the menu mixes and figuring out the days that excite the students the most. We'll use that data to add more items to the menu that cater to the Canby student's likes while expanding their palettes too!

USDA Updates: Reducing Sodium in Student Meals

In January 2012, as required by the Healthy Hunger-Free Kids Act of 2010, the U.S. Department of Agriculture's Food and Nutrition Service enacted new, science-based nutrition standards for the National School Lunch Program and School Breakfast Program. The standards are designed to help reduce the sodium content of meals gradually over a 10-year period with two intermediate sodium targets impacting elementary, middle and high school meals. Over a 10 year period of time, this would result in a 50% reduction in the sodium content of school meals. Target 1 took effect on July 1, 2014 and Target 2 sodium requirements are going into effect July 1, 2017.

As a result of some schools feeling challenged to meet the Target 2 levels, USDA is offering school flexibility during the administrative review process. This means that USDA will continue to assess whether schools are meeting the Target 2 level requirements, but if they are not, they will not be met with fiscal sanctions at this time. One of the perceived barriers to meeting this target is the reality that many food manufacturers require significant lead time to conduct product development that results in acceptable products with lower sodium and product availability.

Sodexo is continuing its mission to reduce sodium levels to comply with Target 2 requirements. This mission is driven by working with manufacturing partners, continuously assessing the nutritional content of recipes and obtaining student feedback. Sodexo has continued to monitor the USDA guidance and has worked proactively to steadily reduce sodium levels in breakfast and lunch meals served at over 4,000 sites across the country. Sodexo will continue to serve nutritious, lower sodium meals students love to eat.



Promotions:

Dr. Seuss's Birthday

Dr. Seuss is the pen name of Theodor Seuss Geisel who was an American writer, cartoonist, animator, book publisher, and artist best known for authoring children's books. Dr. Seuss's birthday is March 2nd and in the nutrition services department—we like to celebrate!



Dr. Seuss Board at Lee Elementary

This year, at all of our elementary sites we had Dr. Seuss themed lunches!



We served One Fish, Two Fish, Fish and Chips, Go Dog Go Corndogs, Starbelly Peanut Butter and Jelly and Yinks Pink Ink Drink.



91 Staff Alesa Vaughn, Peggy Wolfgang and Carol Barrow

The kids loved seeing their classroom lessons coming alive in the cafeteria and staff had a fun time with this event!



My name is Galina Dobson and I am the Director of Nutrition Services for the Canby School District. I am a proud Washington State Cougar Alumni with a degree in Hospitality Business Management. I love working for Sodexo and supporting their values. I am passionate about supporting the Canby Nutrition Services Team in our pursuit of enriching the lives of our student body, staff and community.

Please feel free to reach out to me with any questions! My phone number is 503-263-7140 ext. 3480 and my email is dobsong@canby.k12.or.us