



Canby School District

Volume XIV

May

2017

## Achievement: Sodexo Future Chefs National Winner

In the 2017 Sodexo Future Chefs: Healthy Comfort Food Challenge, a cooking challenge designed to engage students in creating, and enjoying, healthy eating habits, Madi Bigej was voted national winner!

Madi, with her recipe for Cauliflower Tots, bested other student recipes in a district competition, then went on to outdo competing recipes among the top 40 entries from around the U.S. before securing the spot as national winner.

Now in its seventh year, the Sodexo Future Chefs program encourages better eating by actively involving students in good nutrition. Students participating in the program represent 1,300 Sodexo-served elementary schools in 256 school districts and 30 states.

Madi will now receive a celebratory event at Ninety-One School courtesy of Sodexo. There will be an assembly with guest speakers and prizes that Madi has asked to benefit the whole school. Nutrition services will also add Madi's Cauliflower Tots to the lunch menu this month for all the students to try.

Thank you to all the people who helped Madi attain this wonderful accomplishment. From the volunteers at our district competition to those who spent hours filming and editing her YouTube video to her family who ate countless Cauliflower Tots and of course to the Canby community who diligently voted every day—none of this would have been possible without you all!

*And congratulations to our very own Ninety-One fourth grader, Madi Bigej!*



Madi & Mackenzie Bigej

## Community: Sodexo STOP Hunger Servathon

During Servathon, Sodexo employees around the world join forces to fight hunger in their local communities. Servathon is Sodexo's largest global Stop Hunger event that occurs annually in April. At Sodexo, we value employee engagement and are proud to strengthen our local communities through service, skilled volunteerism and activities that go beyond food aid and fundraising.

This April, nine of the nutrition services team members from Canby School District spent an afternoon volunteering at the food pantry operated by St. Vincent de Paul at St. Patrick's Church in Canby. This food pantry operates every Wednesday and serves an average of 250 families each time. SVDP at St. Patrick's Church is one of many agencies in the Canby area that serves our community.

According to the Oregon Food Bank, 1 in 5 people in Oregon are food insecure. For more information about their work with Feeding America, to find help or to volunteer please go to the Oregon Food Bank website: <https://www.oregonfoodbank.org/>



From left to right: Heather Weigand, Anne Boyd, Jeanette Wingate, Brigitte Zieg, Roxanne Bennett, Ronda Hicks, Betty Haak (not pictured Diana Flory & Galina Dobson)



# School Lunch Hero Day

On Friday, May 5, 2017, we will end School Nutrition Employee Week (May 1-5) with a bang and celebrate the 5th Annual School Lunch Hero Day!

The brainchild of Jarrett Krosoczka, School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria.

Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies and offering service with a smile—school nutrition professionals are true heroes that deserve recognition.

We have some great plans in place to recognize all of the wonderful heroes on our team!

If you'd like to get involved, not just on May 5th, in thanking the school nutrition professionals here are some ideas:

- Make cards or paper flowers and give them to the staff during lunch
- Create thank-you banners and hang them up across the cafeteria in the morning
- Have students create images of the cafeteria staff as super heroes



If you have any ideas, stories, comments or questions call our department at 503-266-6742.

# Summer Food Service Program 2017

This summer the Canby School District will be providing breakfast and lunch meals to any community member under the age of 18 for free! We've finalized our menus, hired all of our staff and our team is gearing up to feed our youth all summer long! Wednesday July 5th is our first day of service and we encourage any and all under 18 to come and enjoy a meal.

Check below for dates, times and a location near you:

<b>Baker Prairie Middle School</b>	<b>7/5-7/25:</b> Breakfast from 8:30-9:00 & lunch from 11:30-12:30
<b>Trost Elementary School</b>	<b>7/5-7/28:</b> Breakfast from 8:30-9:00 & lunch from 11:30-12:30 <b>7/31- 8/4:</b> Lunch from 11:30 -12:30
<b>Knight Elementary</b>	<b>7/5-7/28:</b> Lunch from 11:30-12:30
<b>Wait Park</b>	<b>7/31-8/18:</b> Lunch from



My name is Galina Dobson and I am the Director of Nutrition Services for the Canby School District. I am a proud Washington State University Alum 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.

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](mailto:dobsong@canby.k12.or.us)

## Nutrition

May not only brings flowers—but also a variety of fruits and vegetables! That's why our fresh pick of the month is zucchini. Zucchinis are available all year long but they are at their best in late spring and summer.

Fresh, tender zucchini can be eaten raw in salads. It mixes well with potatoes, carrots, asparagus and green beans in stews, sides and curries. It can even be chopped or

grated and made into bread, pizza crust, muffins and more!

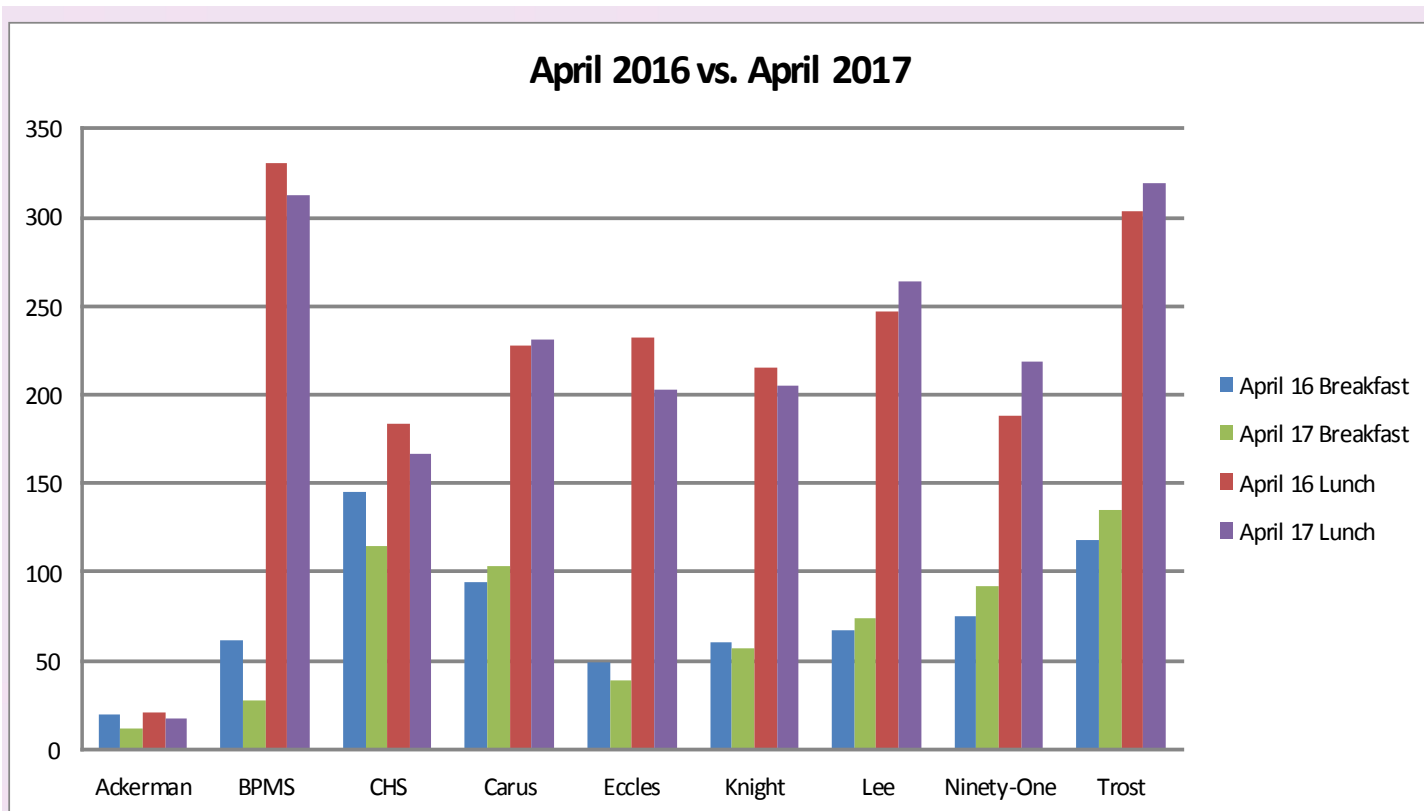
Zucchini is a very low calorie vegetable and contains no saturated fats or cholesterol. Zucchini peels are an excellent source of dietary fiber too.

If you'd like to incorporate more zucchini this month then at the store choose small to medium-sized zucchini featuring shiny, bright green skin, firm and heavy in hand. The best size for

zucchini is 6 to 8 inches length and 2 inches or less in diameter.



## Performance: Average Daily Participation



We compare the average daily meals served during April 2016 and April 2017 in the bar graph above.

Between these two periods of time we saw a just a 1% decrease in total meals served. However, nearly half of our school sites saw an increase in meals served so we were happy to see some growth.

During May we have a few exciting promotions that we are hoping will help boost participation in our programs including “Hot Diggity Dog” at the elementary levels and Cinco de Mayo celebrations at all levels!

# End of the 2016-17 School Year

As the 2016-17 school year is coming to an end we'd like to take the time to say "thank you" from the nutrition services department!

This has been a wonderful year of providing nutritious meals and education to the students, staff and community members of our district. We learned a great deal about our students, their tastes and how to better support them and their goals moving forward.

From starting A-Z Salad Bar, Chef in the Classroom and Mindful to restarting Future Chefs and celebrating Dr. Seuss's birthday—this year has been full of fun adventures, promotions, recipes and more!

We are looking forward to serving the district again in the 2017-18 school year and investing our time teaching and promoting nutrition and overall well being!

So thank you to each member of our community for supporting our programs, allowing us to serve our students and come up with innovative ideas to improve every single day!



## 2017-18 School Year Updates

As the current school year winds down the district is already in the midst of plans for September and want to share a few updates for the nutrition services department.

The nutrition services department operates under the Healthy and Hunger Free Kids Act of 2010 and that legislation requires that meal prices are updated annually so that the prices keep pace with increases in federal reimbursement rates. For the 2017-18 school year the meal prices are as follows for all **paid** students:

	Breakfast	Lunch
K-6th	\$1.20	\$2.60
7th-8th	\$1.35	\$2.85
9th-12th	\$1.45	\$3.05
Milk	\$0.60 (all grade levels, at all meals)	

All students eligible for reduced price meals will receive their meals at no cost. The Oregon Department of Education will be providing funding to cover this cost for the third year!

We'd also like to remind all households that the new annual Family Application for Free or Reduced Meals will be available *after* July 1, 2017. Once applications are released the nutrition services department will mail packets home, post applications online to print, print applications for the district office and all school offices and households can even apply online!

Finally our department would like to encourage all households to apply for these benefits and to remind everyone that applications **must** be renewed each school year!