



## Promote Student Success: Future Chefs 2018

Healthy eating isn't always a walk in the park but that didn't phase eight of Canby's own. Last month these elementary school students used their creativity and culinary skills to create and showcase healthy Asian fusion recipes as a part of the national Sodexo Future Chefs Competition.

Our competitors included Timber Lyn Nobles from Carus Elementary School, Crystal Travis and Olivia Smith from Eccles Elementary School, Vivian Davis and Angelo Mendoza from Lee Elementary School, Caden Kim from Trost Elementary School and Ellason Hatfield and Adam Montoya from Ninety-One School.



Canby School District Competitors

The event was supported by a wonderful group of volunteers this year. Members of the nutrition services team and Sodexo staff lent their expertise in food safety, preparation techniques, general cooking and plate presentation to ensure our students would be safe and supported throughout the event. Members of the school board and administrative staff lent their taste buds for the judging!

The competitors first learned about kitchen safety

from Chef Galina then prepared, cooked and plated their recipes before presenting them to a panel of judges. The recipes were judged on originality, healthy attributes, easy preparation, kid friendly, taste and plate presentation.

After hours of cooking followed by thoughtful judging it showed that every single student did an amazing job—all the scores were incredibly close in total points. But there had to be a winner and our top three finalists were:

1. Vivian Davis—Tokyo Tacos
2. Crystal Smith—BBQ Pork Fried Rice
3. Angelo Mendoza—Chicken & Shrimp Stir Fry with Rice Noodles



Crystal, Vivian, Angelo

Vivian's recipe has been entered into the regional contest where 40 competitors will be chosen by a panel of nutritionists and chefs!



Tokyo Tacos

From there, 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 more of the Sodexo Future Chefs Challenge at #SDXFutureChefs.

## Promote Student & Parent Success: Menu Advisory

In an effort to combat childhood obesity and to promote healthy living and further strengthened the Healthy, Hunger-Free Kids Act of 2010, Congress amended the Richard B. Russell National School Lunch Act and the Child Nutrition and WIC Reauthorization Act of 2004 to require school districts to adopt a local wellness policy.

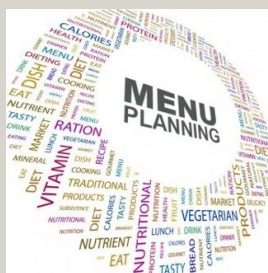
The wellness policy must contain many elements but it also encourages the involvement of parents, students, representatives of the school food authority, the school board, school administrators and the public in the development of school breakfast, lunch, snack and supper menus.

Benefits of being a part of the Menu Advisory Committee:

- Have a voice in what is being served at your school
- Learn about what goes into National School Lunch Program based menu planning
- Learn about the state and federal guidelines that a school must follow
- Sample new and fun menu items before they arrive at your school

If you're interested in joining the committee please reach out to Galina Dobson at [dobsong@canby.k12.or.us](mailto:dobsong@canby.k12.or.us).

Also if you are unable to commit to joining the menu advisory board, Galina, the director of nutrition services always welcomes feedback!



## Nutrition: Local Farm Offering Fresh Produce to Canby Families

Dirt Rich Farm, located just outside of Canby, is excited to offer Canby families a trusted resource for locally grown produce through its CSA (Community Supported Agriculture) program.

Families sign up to become a CSA member through the [Dirt Rich Farm website](http://www.dirtrichfarm.com). As a member, you are pre-purchasing a share of the farm's produce for that year's season (which runs from mid-May through mid-October). Once the season begins, members pick up their weekly selection of freshly harvested, pre-packed produce every Tuesday at North 6th and Grant Street in Canby. Members will also receive a weekly farm newsletter with a recipe created by the farm's in-house food blogger and nutritionist that uses produce in each week's pickup.

In addition to community building through food and offering high-quality produce to members, Dirt Rich Farm is dedicated to sustainable farming practices that focus on soil health. The motto of Dirt Rich is, "Healthy people eat healthy food and healthy food comes from healthy soil." With this mantra as a guiding principle, Dirt Rich grows its produce without the use of synthetic fertilizers, herbicides or pesticides and also incorporates soil-building practices into the farm model.

To learn more about Dirt Rich Farm, its CSA, and to become a member today, go to [www.dirtrichoregon.com](http://www.dirtrichoregon.com).



CSA share sizes: Family (1-4 people) (left) & Personal (1-2 people)



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 as I also work alongside the Canby Nutrition Services Team and enrich 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: Fresh Pick

This month in our fresh pick corner we are featuring a very different produce item: dandelion greens! They may not sound appetizing BUT dandelions have been used medicinally for thousands of years and they've been a staple in certain cuisines for almost as long.

The greens are high in calcium, iron, and potassium and very low in calories. Every part of the plant can be used, they're easy to grow and

they're even attractive. All you have to do is get past the negative associations with them.

The leaves are delicious in salads, fresh vegetable dishes and paired with bacon. The crowns are a delicacy when deep fried. The roots can be used as a coffee substitute after being roasted and ground.

The flowers can be used fresh in salads and deep-fried in butter and

the young buds are high in protein.

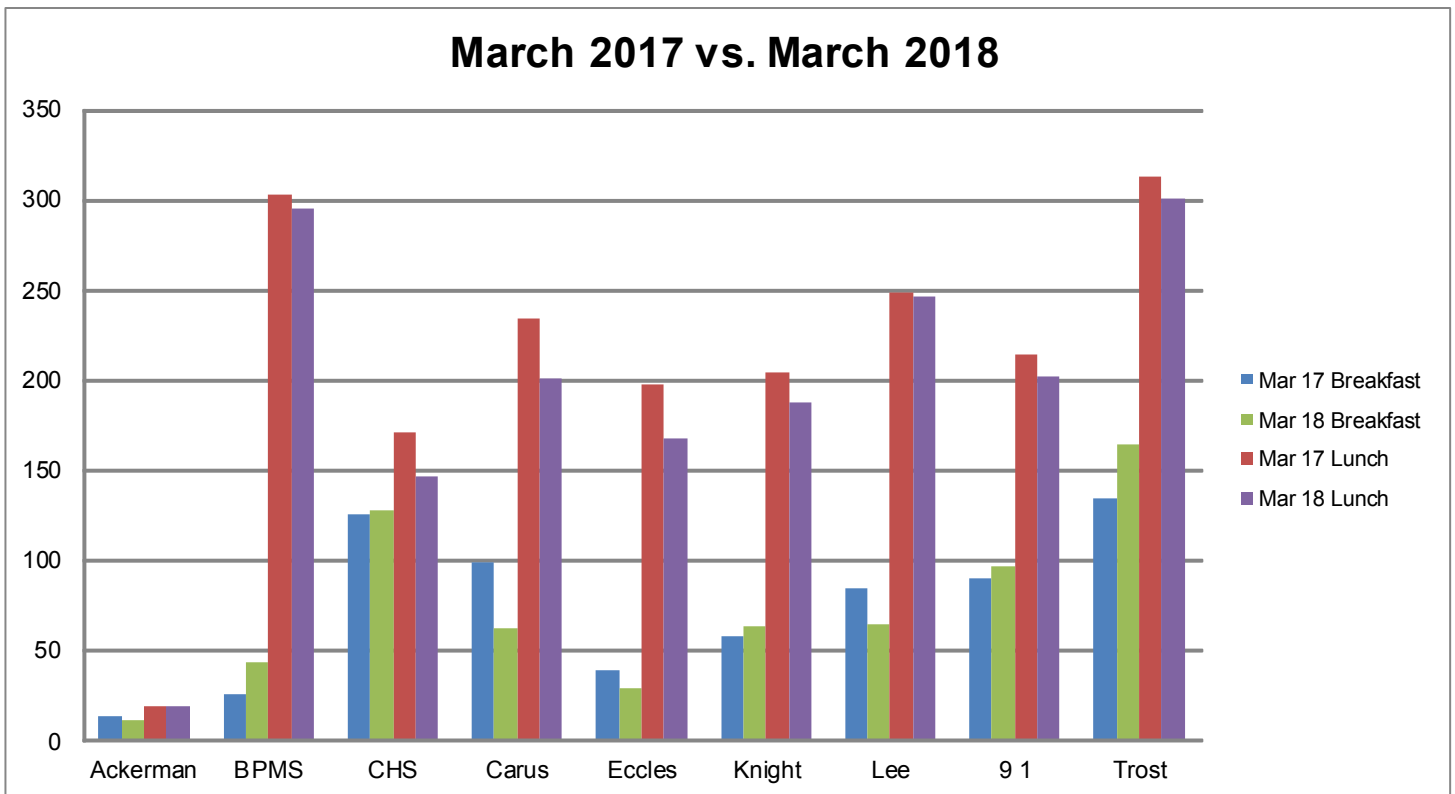
Even unopened flower buds are tender and tasty, and they offer a crunch in green salads.

So if you're willing to try something new, make it dandelions!



## Performance: Average Daily Participation

### March 2017 vs. March 2018



The data above displays the average, daily participation (ADP) for the month of March 2017 at all schools in the district compared against the ADP for March 2018. Overall, the district saw a decrease in both breakfast and lunches during this month.

During the remaining months of the school year we will be hosting some fun promotions for Earth Day, Mother's Day and the end of the year that we're hoping will build meal counts!