Promote Student & Parent Success: Healthy Hearts

Looking for the perfect gift for your loved ones this Valentine’s Day? Why not give them the gift of heart health? The month of February brings the celebration of all things heart related including American Heart Month.

President Lyndon B. Johnson declared the first American Heart Month in 1964 to bring awareness and to tackle heart disease and stroke.

American Heart Month teaches us ways we can reduce our risks while eliminating the ones we have control over. Some of which include: obesity, physical activity, high blood pressure or cholesterol, cigarette smoking and diabetes.

Small changes can add up to make big differences in heart health. Like routine doctor visits, daily exercise and an increase in healthy eating. Swap out a sugary breakfast cereal with a heart healthy choice packed with whole grains like General Mills Cheerios (served in all of our cafeterias too!).

Visit: www.millionhearts.hhs.gov to learn more about the risks and preventative measures.

Student Safety: Actions for Preventing the Flu

February marked week ten of the flu season and experts predict it may only be half-way over. On February 2nd, the Centers for Disease Control and Prevention (CDC) reported that 16 more children have died from the flu, bringing the total number of reported pediatric flu deaths to 53.

To protect yourself and children from the flu remember good hygiene and manners. Avoid close contact, stay home when sick, clean your hands, avoid touching eyes/mouth/nose.

As a district, we are work hard to ensure we are taking preventative action by sending children home when they are sick, cleaning and disinfecting surfaces and objects and encouraging handwashing.

For more information please visit: https://www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents.pdf
Sodexo recently spent some time asking kids around the country what was important to them while they’re having school meals. They provided a lot of feedback with the common themes of “Food, Friends and Fun.” With these in mind three sample programs were developed and the students picked The Clubhouse as the NEW nationwide program for Sodexo Elementary schools!

On February 2nd, we installed our first site here in Canby at Eccles Elementary school and it went wonderfully!

Below is a before (on the left) and after (on the right) of the service area with the bright new colors. We added new wellness focused signs and a chalkboard menu to the hallway (middle & bottom left) and added a menu board right by the front door (bottom right).

We are excited to make the change The Clubhouse program at the rest of our elementary schools. We’ll keep you updated on the changes as the year progresses!
February can be a difficult time to find tempting fresh produce but a tasty one that is in season is Brussel sprouts! They are easy to identify because they look like little mini-cabbages. Look for small, bright green sprouts that are firm and dense (these are usually the most tender!). Choose sprouts of similar size so they cook evenly.

Keep sprouts in an airtight container in the fridge and plan on using them within 2-3 days.

These cruciferous vegetables are wonderful roasted, shaved, or on their own as a filling, flavorful side dish. They’re in season for another few months so give them a try in a variety of ways before writing them off your family menu!

**Performance: Average Daily Participation**

The data above displays the average, daily participation (ADP) for the month of January 2017 at all schools in the district compared against the ADP for January 2018. Overall, the district trend for this year of an increase at breakfast and a decrease in lunches remained the same.

The nutrition services staff have been brainstorming ways in which to entice students to eat lunch school lunch and will be starting a few ideas in the near future that we hope will work!
**Student Promotions: Future Chefs 2018**

In December, we announced our culinary exhibition event Future Chefs would be taking place in March. The theme this year is Healthy Asian-Fusion and we collected all KINDS of delicious recipes from the Canby School District students! We then worked through a selection process with a committee of nutrition professionals, nurses and administrators to find our final competitors! We are excited to announce who will be participating this year:

- **Carus Elementary School:** Timber Lyn Nobles – Nobles Noodles
- **Eccles Elementary School:** Crystal Travis – BBQ Pork Fried Rice & Olivia Smith – Asian Chicken Meatball Subs
- **Lee Elementary School:** Vivian Davis – Tokyo Tacos & Angelo Mendoza – Shrimp & Chicken Stir Fry w/ Rice Noodles
- **Ninety-One School:** Ellason Hatfield – Pineapple Rice & Adam Montoya – Egg Roll Bowl
- **Trost Elementary School:** Caden Kim – Omurice (Omelet Rice)

We cannot wait for these 3rd, 4th and 5th graders from across the district to recreate their healthy Asian fusion recipes for our panel of esteemed judges while they compete for the title of “Canby School District Future Chef 2018”

This event will take place on Friday, March 16, 2018 at the Baker Prairie Middle School Kitchen & Commons. The students will arrive at 9:30am, the judging will begin at 12:00pm and the winner will be announced at 1:00pm.

Anyone who is interested in this event is welcome to come and watch (from behind service lines).

Please reach out to Galina Dobson with any questions!

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