

We had a tremendous recognition of Nutrition Services employees during the summer months with our RUSD F.E.E.D.S. Program, Summer Parks and Summer School staffing. We've had two WOW Ice Cream Socials to show our appreciation to each of the following employees. Keep the WOWs coming - we want to see you at the next award celebration. We promise, *you don't want to miss it!*

VOLUME 3, ISSUE 1

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Riverside Unified School District - Nutrition Services

# The Flywheel

## Summer Programs

Asarelia Alvarado	Maria Milian
Kathy Barns	Diana Miranda
Kelle Beckham	Maria Montes
Kim Benner	Kim Morris
Sandy Brattain	Sam Moore
Gracie Camarena	Socorro Munoz
Andrea Campos	Angie Muro
Lando Cavanaugh	Elena Ontiveras
Maria Cervantes	Diana Pereya
Anahi Chavez	Jennifer Porter
Grace Choate	Adela Ramos
Belynda Darnell	Tess Reed
Rosa Delgado	Peggy Ritch
Veronica Devine	Gabriela Rodriguez
Maria Duenas	Nancy Rodriguez
Virginia Ferris	Josie Ronquillo
Joyce Fisher	Clara Sanchez
Christine Fonseca	Rebecca Sanchez
Carol Garcia	Teresa Schul
Maxine Garcia	Gwen Silvas
Julie Garza	Elizabeth Singleton
Denise Gastelum	Bonnie Stevens
Charlene Gearhart	Yvonne Tamayo
Maria Gil	Eleanor Tello
Olivia Guerrero	Sally Turley
Ann Marie Hernandez	Rebecca Ventura
Lindsey Hesketh	Kim Wall
Joanne Hollingsworth	Erica Wecker
Lorraine Huerta	Barbara Whitman
Joann Jimenez	Ruth Wilson
Aracelia Juarez	Ardie Zimmerman
Sheila Mahan	Central Kitchen Staff
Sylvia Mares	Warehouse Staff
Debbie Meano	

## More WOWers

Esperanza Becerra	George Valencia
Elizabeth Boutros	Beverly Van
Tamiko Braxton	Penny Warren
Patty Burkland	Central Kitchen Staff
Karen Cox	Warehouse Staff
Luz Curiel	Nutrition Services Staff
James Eddins	Alcott
Vickie Gantt	Beatty
Cindy Garcia	Castle View
Bonnie Haring	Jackson
Joanne Hollingsworth	Longfellow
Mayra Huerta	Monroe
Rigo Ibarra	Woodcrest
Terri Landgren	Rivera
Molly Lange	Earhart
Craig Lawrence	Sierra
Adriana Lopez	University
Guillermina Luna	Arlington
Vicki McDermott	King
Diane McLaughlin	North
Carmen Mendez	Poly
Cesar Miramontes	
Rachel Norfolk	
Margie Ramirez	
Elena Ray	
Norma Reyna	
Yvonne Rodriguez	
Phil Quanstrom	
Sherrie Sincox	
Rodney Taylor	
Yvonne Torres	

## 100% Health Inspections Scores

Arlington Learning Center	Hawthorne	Mt. View
Beatty	Hyatt	North
Bryant	Jackson	Pachappa
Central	King	Rivera
Earhart	Lake Mathews	Taft
Franklin	Magnolia	Twain
Fremont	Monroe	

## Welcome New Staff

We've had some changes in our department staff with retirements, promotions, and resignations. As a result, some individuals have transferred to other departments in the district and to other school sites in our department. However, we

want to welcome the following people to Nutrition Services and look forward to their induction into the WOW Hall of Fame and the great things that they will contribute to our department.

Enedina Gonzales—Somerset  
 Dora Aleman—Poly  
 Cassandra Deal-Tucker—Central Kitchen  
 Norma Solano—Bobby Bonds  
 Melissa Maraval—Lincoln  
 Roman Camarena—University  
 Salina Hernandez—Gage  
 Cherilynn Jones—Longfellow  
 Maria Trejo—Sierra

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## Upcoming Events:

- Winter Break—December 20th - 31st
- MLK Holiday - January 17th
- Lincoln's Birthday—February 11th
- Presidents' Day—February 21st
- WOW Social - March 23rd

# Eating Healthy For the Holidays

It is a sentiment commonly overheard in conversations with people during the holidays: "How can I prevent weight gain during the holidays?" You don't need to avoid food you love or desserts you enjoy; you only need to eat healthy and enjoy your holidays.

*Here are a few tips for the holidays:*

Let your mind be in charge and only eat when your body tells you it's hungry. Don't just graze because you're standing next to the dessert table or you are bored. Furthermore, don't go shopping with an empty stomach. Going to the mall or grocery store hungry is bound to tempt you into eating something you'll later regret.

If you are invited to a party, have a snack before your party time. A Scottish study found that subjects consumed the smallest number of calories when they ate a snack 90 minutes before a big meal. A low fat, high protein snack will prevent that starved-and-stuff behavior at the big meal later. Limit your alcohol intake—not only for the added calories, but it can

weaken the person's willpower. Fill your hand with healthy snacks or water. You are likely to reduce the temptations of another plate or glass refill and people are less likely to offer you another drink, or plate.

Sample just one or two - not all - of the appetizers and use the smallest plate available when visiting the buffet. In addition you may pass on the usual fare, like cheese and crackers, chips, nuts and soda that you can have any day of the year. Instead, save your calories for the holiday favorites. If a dessert starts calling your name, a spoonful can satisfy the craving as an alternative to a generous serving, plus it will prevent that sickly sugar-crash feeling later on.

The healthiest method of cooking the food is baking or broiling (using less fat for cooking) instead of frying. Don't feel obligated to take seconds to spare the hostess' feelings. If you are still hungry, go for seconds on salads, steamed vegetables or

baked meat, rather than starchy potatoes, casseroles or sweets.

The meal plate should be colorful. The general rule of thumb is, the more colorful the food, the more nutrients it contains. Sweet potatoes are high in dietary fiber, vitamin C and iron and are one of the low fat, tasty sources of vitamin E.

Take into consideration that one super serving of turkey or cake won't ruin your diet, but eating the leftovers for the next two weeks certainly will—don't take them home. If you're throwing the party, donate leftovers to guests, or to a local shelter so you won't head into the New Year with the extra baggage.

Remember, it is very important to be physically active. Daily exercise will not only burn off those extra calories, but also help to manage holiday stress. Try to walk for 30 minutes, at least every other day. It takes 50 minutes of brisk walking for 150-pound person to work off a piece of pumpkin pie (241 calories-



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## The Healthy Dose

*"Daily exercise will not only burn off those extra calories, but also help to manage holiday stress."*

### Schedule of Promotional Salad Bars

October 29, 2010  
Cheeseburger Bar

November 10, 2010  
Pizza Salad bar

December, 2010

No Promotional Scheduled  
Due to Winter Break

January 06, 2010  
Baked Potato Bar

Welcome back to another great year of Farmers' Market Salad Bars. Hope you all had a very restful summer. We opened our Farmers' Market Salad Bar with great fresh summer fruit. Tasty melons, yummy strawberries, oh and don't forget the peaches, plums and nectarines. We do get dried fruit and nuts in the winter such as cherries, raisins, trail mix and mixed nuts. Students make wonderful yogurt parfaits

for lunch to accompany their fantastic and colorful salad creations and to wake up their tired taste buds.

Cafeteria Staff are innovative in what they create to keep our students interested in our Farmers' Market Salad Bar. They make a trip to the salad bar a real adventure with their flavorful renditions of Tuna Salad, Chicken Salad, Pasta Salad, and the most

popular Fruit Salad. The students really look forward to it.

Our Staff is imaginative and artistic in their preparations so that students not only have healthy choices for lunch but the selections are appealing to their eyes. They never know what to expect and that keeps them from getting bored. Keep up the great work in serving love – and great salads - to our students in Riverside Unified.



Hello all! I hope you enjoyed our last edition. With the holidays here and everyone baking different types of pies - traditionally pumpkin, and in my home sweet potato - several people have asked, "What is the difference between pumpkin and sweet potato pie and which is best?"

Pumpkin pie and sweet potato pie look a lot alike and use almost the same ingredients when prepared. Both pumpkin and sweet potato can be used in all kinds of recipes from soups, casseroles, pies, mousse, and breads. They can be boiled, roasted, mashed and whipped. Also, they are used in ice cream, candied, pastries, muffins, cakes, quick breads and to fill pre-cooked batters (Pate a Choux) which are cream puffs. The culinary term is *profiteroles*.

The applications for both of these vegetables are endless. Sweet potatoes are native to the tropical parts of South America, domesticated there thousands of years ago, and most likely spread by local people to the Caribbean and North America. The pumpkin is a squash native to North America and was used by Native Indians and later British settlers to celebrate the fall (autumn) harvest.

The sweet potato is sometimes referred to as yams in North America. Both are "tubers" (*a swollen, fleshy, usually underground stem of a plant, such as the potato, bearing buds from which new plant shoots arise*) and grow underground, but they

are different. Yams can be found all over the world, in Africa, the Philippines, Vietnam, Indonesia, Japan and India, and are believed to have been introduced to North America by Africans brought to the New World.

The difference between the yam and sweet potato is yams come in a variety of colors and can grow up to 8 feet in length. Also, the skin on yams can be very dark brown or pink. Sweet potatoes also come in a variety of colors from red, yellow, purple, and orange. They also can be found around the world, and used in many dishes.

Pumpkins are hard shell squashes, and are members of the gourd family, and can grow extremely large. They have very thick skin and need to cook longer than soft skin squashes. Pumpkins can be stored in a cool, dark place for many weeks and keep very well.

The verdict is still out on which pie is best. Pumpkin pie is the pie most commonly made during the holidays. The pie has a custard based filling, ranging in color from orange to brown, baked in a single pie shell, rarely with a top crust. The pie is



A slice of sweet potato pie

flavored with nutmeg, cinnamon, cloves and ginger. This pie is often made from canned pumpkin or packaged pumpkin pie filling (spices included); this is a seasonal product available in

bakeries and grocery stores, although it is possible to find year-round.

Sweet potato pie is a traditional side dish in the Southern United States. It is often served during the American holiday season, especially at Thanksgiving, and is similar in many ways to pumpkin pie.

Marshmallows are sometimes added as a topping, but this was adapted more in the Northern States than in the South. Personally, I like to add a pecan topping to mine. *Note\* Baking your potatoes rather than boiling them gives your pie a richer creamer texture and keeps the natural sugars in the potato.*

The pie is usually made as a large tart in an open pie shell without a top crust. The filling consists of mashed sweet potatoes, milk, sugar and eggs, flavored with spices such as nutmeg and cinnamon. Vanilla, almond, banana, lemon or rum extracts are added to enhance the flavor. Your choice. The baked custard filling may vary from light and silky to dense, depending on the recipe's ratio of mashed potato, milk and eggs.

Well, I hope this sheds some light on this subject. Don't forget when you make your pies, save me a piece!!!

**Keep on Cooking!**



Sweet Potato

## Sweet Potatoes and Pumpkin

*"Yams come in a variety of colors and can grow up to 8 feet in length."*

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Nutrition Services**

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**“Come Let Us Show You WOW”**

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The Nutrition Services Department is comprised of food and nutrition professionals that are dedicated to students’ health and well being. We support their ability to learn by promoting good nutrition and proper life-long healthy eating habits.

**“The Flywheel”** - building a stronger organization one turn at a time!

**We’re on the Web**

[www.rusd.k12.ca.us/ourdistrict/nutritionservices](http://www.rusd.k12.ca.us/ourdistrict/nutritionservices)

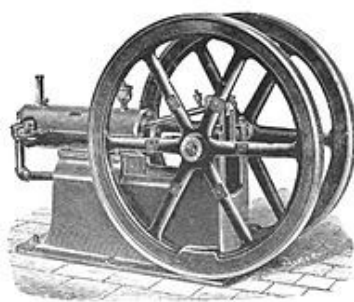
**From the Director’s Chair**

The author, **Robert Collier** (1885-1950) stated, **“Success is the sum of small efforts, repeated day-in, and day-out.”**

If this is true, and if we apply author Jim Collins’ definition of a great organization as being “one that provides superior performance, makes a distinctive impact, over a long period of time,” then one can only surmise that you folks are not only successful individuals, but that you are also part of a great organization. “WOW!” how cool is that?

To further display the example of your success and the distinctive impact you are making in the district with our students and staff by serving up “love” through your hard work, consider this. I have been hop-scotching the state, and traveling around the country giving speeches, accepting visitors from various agencies, filming advertisements and documentaries, all because people want to know how you have managed to implement so many

**You Continue To Answer the Challenges--Our Students Are Rewarded--And You Are Recognized Leaders!**



**1898 illustration of a White and Middleton stationary engine; note the large twin flywheels**

creative programs that have changed perceptions about school foodservice.

I have challenged you to continue to join me in putting our collective shoulders to the “flywheel”, so that we can build momentum, and continue to build our brand (“WOW!”). As always, you persist in giving a great performance, making a distinctive impact, and have done this for a long period of time. That my friends is what Robert Collier means when he described success to be “the sum of small efforts, repeated day-in and day-out.”

You give great individual effort, and you are a vital part of a great organization. But, the real story here is that we are improving the school lunch program, not only here in Riverside, but all across the country.

“WOW!”.

**Rodney K. Taylor**