

WOW Update



VOLUME 3, ISSUE 2

March, 2011

Riverside Unified School District - Nutrition Services

The Flywheel

Have you been to one of our WOW Ice Cream Socials? It ain't just about ice cream anymore! The last party was so much fun that our party planners were nominated for a WOW award! We've got another great social lined up for you on March 23rd. Come on, if you haven't been to one, you really need to get someone to nominate you for the fabulous work you do. Better yet, find a co-worker that you can nominate for their accomplishments. **We promise, they're only gonna get better!** Congratulations to the following employees and school site staff for their achievements.

November

Sandy Brodeur
Maggie Buggs
Maria Cervantes
Rosa Delgado
Maria Florida
Denise Gardner
Angel Hernandez
Joann Jimenez
Rebecca Lopez
Jose Mercado
Diane Penunuri
Petra Romero
Norma Solano
George Valencia
Ethel Wingo

WOW Party People

Adleit Asi
Ryan Douglas
Vickie Gantt
Rebecca Murphy
Kirsten Roloson
Anna Romo
George Valencia

December

Patty Burkland
Joann Jimenez
Molly Lange
Sophia Miera
Maribel Murillo
Fabiola Sierra
Norma Solano
Rebecca Ventura
Central Cafeteria Staff
Gage Cafeteria Staff

January

Sylvia Bracamonte
Cassandra Deal-Tucker
Virginia Ferris
Myra Garcia
Joann Jimenez
Maria Montes
Phil Quanstrom
Yvonne Rodriguez
Becky Sanchez
Rebecca Ventura
Central Cafeteria Staff
Washington Cafeteria Staff

100% Health Inspections Scores

Arlington	Hyatt	Jefferson
Liberty	Lincoln	Monroe
Mt. View	Rivera	Sunshine

IN MEMORIAM



Our heartfelt sympathies are extended to the family, friends and co-workers of Linda Zambrano who departed this life on Tuesday, March 1st. Linda was an employee with the Nutrition Services Department for fourteen years. She served as the Elementary Kitchen Operator at Bryant Elementary School until her health no longer permitted her to do so.

Married for 35 years to her husband Arthur, they had two children, Arthur, Jr. and Venus Marie. Adding more joy to her life were her four grandchildren, Makayla, Michael, Tyler and Brody.

Her home going service was on Saturday, March 5th.

Welcome New Staff

Please welcome the following new employees to our Nutrition Services family. Look for them when you visit their sites and wish them much success with us. We're certainly excited to have them and anticipate great things from them.

Rosa Zaragoza - Ramona Cherilynn Jones - Longfellow
Wayneisha Carr - Central Kelly Haugen - Poly
Janine DeHaro - Poly Gabriel Garcia - Ramona
Da Liza Strong - Poly Evelyn Montiel - North
Celina De Gavino - Alcott



Spotlight On . . . Lauren Garcia

A 2009 graduate of Arlington High School and daughter of Liberty's EKO, Kim Garcia, she's actually shining the light on a number of functions in and around our district. Working with John Schreck's (*Publications*) video crew, this 19 year old already has several credits to her name from filming "The Nutcracker" at the Fox Theater to editing a Target spot, interviewing Olympic Gold Medalist (and North High School alum) Joanna Hayes to filming art lessons for teachers to assist students with an on online curriculum. She has worked with Hollywood notables Ed Littman and Scott Ogle (*ESPN, Tour de France*). Her next project is to film the veterans' recognition program at King High School.

Upcoming Events:

- **WOW Social** - March 23rd
- **Spring Recess** - April 4th - 8th
- **End of the Year Picnic** - May 21st
- **Memorial Day** - May 30th
- **End of School** - June 3rd
- **RUSD F.E.E.D.S. Begins** - June 6th

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Fad Dieting

The weather is warming up and many people are looking for a way to lose weight and look good for the summer. If you are one of those people, watch out for the fad diets.

Fad diets are very popular these days because many people are pursuing a quick fix and over the counter advice, which comes from unaccredited people, diet books, and magazine articles. People who search for these fad diets will believe in the myths, but in order to lose weight, people need to let go of fad dieting! Being active and eating healthy are the only way to look and feel good. Fad diets don't work period. Here are some of the top myths of fad dieting that you should not fall for:

Skipping meals helps you lose weight

The fact is, skipping meals will decrease you metabolism by 20% and will cause the metabolism process to slow down. Skipping meals will never result in long term weight loss. The end result of this diet will cause the person to feel hungrier as it creates hunger cravings and actually causes you to overeat. You need to eat 3 meals a day.

Low carbohydrates diet/Atkins diet or no carb diets—carbohydrates cause weight gain

Any diet that cuts the same number of calories trims the same amount of weight. It doesn't matter if you cut fat, protein, or carbs. This is perhaps the most common fad diet myth. This myth has been promoted by high-protein fad diets on the market, which overwork your kidney and sometimes result in injury. Besides, the low carb diet will cause headaches, muscle aches and constipation. People who are not eating carbs will feel sluggish and irritable.

This submission is brought to you by Old Grove Orange, making connections between local growers here in southern California and local school districts in order to make our last remaining farms sustainable FOREVER!

- **Navel oranges** - Just about peaking in taste!
- **Fuji apples** (plentiful supply)
- **Crimson Gold Crab apples** (let's call them applets, rather than apples - like

Carbohydrates are your body's premier source of fuel. The thing to keep in mind is there are good and bad carbs, so a person should eat more of the good ones. In addition, replace carbs containing high sugar content such as biscuits and sweets with complex carbs, such as fruits, vegetables, whole-grain, brown rice, and cereal. Losing weight can be a difficult chore; as with many of the fad diets. They deprive dieters of foods they love, therefore making it hard to stick with.

The fact is our bodies were not designed to be on fad diets. Dieting is all about balance. You can eat what you love, but it is important to keep foods that are high in sugar, fat, and salt in moderation.

Fat is bad for you

Fats are part of the natural food chain of the human body and we all need a certain amount of fat to be healthy, but we need to consume more of the good fats and less of the bad fats. Bad fats such as trans-fat and saturated fat increase the risk for certain diseases and good fats such as monounsaturated fat and polyunsaturated fat lower the risk of heart diseases. The key is to make sure you are eating the good fats.

Fats that are actually healthy are referred to as "essential fatty acids." These fats are required for overall health and lower risk of heart disease. Fish is a good source of essential fat. The reason oily fish is so good is that the essential fatty acids contained actually help your body burn fat more efficiently and protect your body against certain diseases.

Cholesterol is bad for you

Cholesterol is a fatty substance that is made by the liver; we all need some blood cholesterol, as it's used to build cells and form hormones. There is good and bad cholesterol. Saturated fats in foods such as meat, cheese, cream, butter help raise LDL (low density lipoprotein) "bad" cholesterol. This then delivers cholesterol to the arteries. HDL (high density lipoprotein) - or "good" cholesterol - transports cholesterol away

baby apples with a sweet, cidery flavor. Season almost done!)

- **Arkansas Black apples** (an old heirloom variety, plum-like color, fuji-like in taste & texture - limited quantities)
- **Berry Oranges** - raspberry oranges! Red wine blush to the peel, orange & raspberry taste & flesh color - adults call them "blood oranges", we prefer the G-rated berry orange name.

The Healthy Dose

from the arteries and back to the liver. Simply eat saturated fats in moderation.

Fat free foods are calorie free

Know that low-fat label is by no means a license to over-indulge. Many low-fat products are loaded with sugar too, as a substitute for the missing fat and to enhance flavor, which means that they are just as high in calories as the fat that has been replaced (sugar is simply turned into fat by our body after we eat it)!

No Snacks

If you have time to eat 5 meals a day you won't probably want to snack; if it's three times a day, a quick snack is a good idea. At the end of the day, its total calories consumed in a day that counts, not how you eat them.

A quick snack can help you stop overeating and keep your energy levels controlled during the day.

Dairy products make you fat.

According to Loma Linda University's research, a dairy-rich diet, combined with calorie control, can nearly double body-fat reduction and help you lose weight longer term. The reason is dairy contains the hormone calcitriol, which helps conserve calcium for stronger bones while sending a message to fat cells to convert less sugar to fat and burn more body fat.

There is a short cut way to lose weight

This is the myth promoted by all fad diets promising you to lose weight quickly and still be healthy, such as fat burners and supplements. Sorry but you can't; our bodies are simply not designed to endure this type of deprivation. Crash and fad diets sound easy but people end up gaining back the weight or being disappointed.

The only way to lose weight is to do it slowly, with a balanced diet. Forget fad diets and lose weight the right way, by eating healthy and being physically active.

- **Minneola Tangelos** - so orange they're almost red, with the most delightful combination of sweet and tart.
- **Mandarins** - seedless Murcott mandarins. Easy to peel, nice and sweet, and no vitamin pills seeds!

Upcoming Promotional Salad Bars

April 19, 2011
Build a Burger Bar

May 5, 2011
Taco Bar

Ask the Chef



Hello, I hope you enjoyed our last article. Here at Central Kitchen we get the opportunity in the Café (Chef Ryan's Place) to prepare a variety of foods made fresh daily. One day in particular I was sautéing some chicken on the griddle and two of our employees, Cassandra Tucker and Donna Moore asked, "How do you get your chicken to look like that? When we cook at home it does not get brown, or have the same color as yours." So I thought it would be a good subject to write about.

There are many methods of cooking used when preparing proteins and other foods, such as roasting, sautéing, baking, frying, and grilling, to name a few, where browning occurs. In the culinary world this is known as the Maillard Reaction. This is a chemical reaction between the amino acids in food and sugar when heat is transferred to the product, causing it to brown when cooked. This reaction was named after Louis Camille Maillard who was a French physician and chemist. Here are some tips of the two most common ways foods are browned when cooked at home.

Sautéing is a method of cooking or browning food in a little oil at a high temperature. Sautéing gives your food a flavorful exterior, and helps to intensify the food's flavor.

Red meat should have a deep brown exterior. White meats like veal, pork, and poultry should have a golden amber color. Lean white fish will have a light brown color.

Here is a tip when sautéing proteins in a pan: never crowd your items in the pan. Also your food will become dry if you overcook it, or cook too far in advance. If you overcrowd or the food is too large for your pan trap steaming occurs and will prevent your food from browning and cause the fibers of your meat to be tough.

Roasting is a cooking method that uses dry heat while basting the food with fat. This method is good for beef, veal, lamb, pork, poultry, seafood and vegetables. The color of roasted foods has a strong influence on the flavor. Roasted proteins should be tender and moist. Foods with skin should be golden brown and crisp. Here are some tips when roasting foods. You can season, stuff, or marinate the main item in preparation of roasting. Large cuts of meat can be seared over direct heat to seal in flavor and to add color. You do not want



A cook sautés onions and green peppers in a fry pan

to use a pan with high walls. Lift or place items on a rack to

allow even air flow around it. Roast the foods to the right internal temperature. Remember to allow for carryover cooking. Allow your food to rest before carving. Here are four things you never do when roasting. 1) Never add liquid when roasting. 2) Never use higher heat than you need - it will cause your food to shrink and dry out. 3) Never cover your food when roasting, - it will steam your food and make it tough. 4) Never pierce your roast when you turn it during cooking or when you take it out from the oven. Use tongs.

You can have a lot of fun in the kitchen when using and learning new ways to prepare your food. I hope this answered your question and gave you good info for your use at home.

Keep on Cooking!

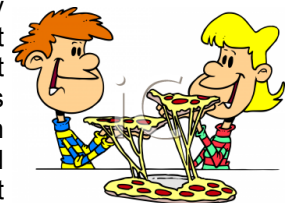


"Sauté actually means 'jump' in French."

Kidz Korner

Are you old enough to remember Art Linkletter's "Kids Say the Darndest Things" from his "House Party" radio and television programs? Well if not Art, perhaps you saw Bill Cosby's version that aired on CBS for two years. Either one, you'll appreciate this "Kidz Korner" addition to our newsletter as a take off from those programs, displaying the wisdom and witticism of our children.

Today we had a boy say that he had given up meat for Lent so he didn't want pepperoni on his pizza. The kid behind him said "I'm just a plain old Christian boy so I want everything."



Submitted by Diane McLaughlin
Elementary Kitchen Operator
Victoria Elementary School

***Riverside Unified School District
Nutrition Services***

*6050 Industrial Avenue
Riverside, CA 92504
Phone: 951-352-6740
Fax: 951-778-5712*

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“The Flywheel”

- building a stronger organization one turn at a time!

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.

We’re on the Web

www.rusd.k12.ca.us/ourdistrict/nutritionservices

From the Director’s Chair

By Rodney K. Taylor

The following article was submitted exclusively to The Press Enterprise for its Opinion page.

TRANSFORMING SCHOOL FOOD

A school food revolution is happening, from its emblematic program in the Riverside Unified School District and extending throughout Southern California and around the country. It’s about getting fresh, local, and healthy food into the cafeterias. It’s about setting up school gardens as a learning tool and creating knowledge about the food we grow. It’s about getting junk food and sodas out of schools. It’s about changing how kids – and teachers and administrators – view the importance and value of food during the school day. It’s about the transformation of school food.

For the two of us, that school food revolution began 15 years ago. One of us, then a parent with a child in a Santa Monica elementary school, approached the other, the District’s food service director, about setting up what we then called a farmer’s market fresh fruit and vegetable salad bar. Today, that’s called a “farm to school” program. At that time, there weren’t any programs quite like farm to school. Skeptical about whether students would eat fruits and vegetables, it was pilot-tested, with the children choosing between the salad bar and pizza.

When 75% of the children chose the salad bar, it became a transformative moment for both of us. Bob, through advocacy and research, helped establish programs around the country where farm to school programs are now available in all 50 states. Rodney expanded the farm to school program in Santa Monica to every school and then went on to the larger Riverside Unified School District. There, Rodney established an award winning program

that now covers 29 of the 31 schools in the Riverside District, and helped inspire 29 other schools in the Inland Valley to launch their own program. The Riverside program has also been recognized by the U.S. Department of Agriculture, Michelle Obama, and school districts and healthy food champions around the country as a model to emulate and a way to turn school food into a pleasure to eat and a health promoting and local farm support strategy.

Farm to school has truly become a school food revolution, bringing the message that the effort to transform school food can be simple, compelling, and far reaching. The methods are clear: Have schools purchase from local and regional farmers to provide healthy, local and tasty offerings in the school cafeteria. Develop school gardens that give students first-hand experience with growing and tasting food and understanding where food comes from. Take the lessons from Farm to School back into the classroom and the community to push for local and healthier food in schools and communities. And engage in education for the whole school community about how and why healthy food enhances learning – in all kinds of ways.

Riverside is showing the way!

Robert Gottlieb is co-author, with Anupama Joshi, of *Food Justice*. He is Professor of Urban & Environmental Policy at Occidental College in Los Angeles. Rodney Taylor is the Food and Nutrition Director of the Riverside Unified School District. They will be speaking together at Growcology Learning Center, 3569 Crowell Avenue in Riverside, 3:30-5:30 on March 22nd.