



Increasing Student Achievement: Chef in the Classroom

This year we started a new promotion to support our goal of teaching students healthy habits called Chef in the Classroom! During the event a member of our team visits a class within their school to share some nutritional knowledge! The team member brings a health, nutrition or just food related book and a fun treat with them to the class and reads the book and finishes the event off by sharing their treat.

We were so excited that the start of this program coincided with the Canby Reads initiative.

We recently hosted our first event at Trost Elementary School. Our team member, Ada Montoya, visited the first grade classroom of Mrs. Hager. Ada brought along two books that she reads to her own children in Spanish; *Let's Pick Apples and Pumpkins* (*Vamos a recoger manzanas y calabazas*) and *If You*

Give a Cupcake to a Cat (*Si le das un pastelito a un gato*). The student's had recently spent time learning about pumpkins from Mrs. Hager so the theme was a hit with them. We brought shelled and unshelled pumpkin seed goodie bags for each of students.

This was just the first visit of the year and we're looking forward to visiting all of our primary sites throughout the school year.



Ada Montoya reading to Mrs. Hager's 1st grade class

Strengthen K-12 Culture: Vote & Be Heard



During November's election week we hosted "Vote & Be Heard," which is an interactive promotion that gives the students an opportunity to voice their opinions.

We gave all elementary school students ballots with five items and asked that they rank them and after

an intense counting period ... the results are in:

1. Beef & Cheese Nachos
2. Breakfast for Lunch
3. Turkey Gravy & Mashed Potatoes
4. Chili Fritos
5. BBQ Pork Sandwich

The students were excited with their results and are even more excited to see their winner on the menu next month!

Enhance Positive School-Community Relations: Special Person Lunch

On November 18th, William Knight Elementary School hosted a special person lunch. Many teams worked together to create an incredibly successful event! The nutrition services team provided a Thanksgiving themed feast, the men and women of the Canby Fire Department help serve the meals and students and staff diligently crafted decorations for the cafeteria. This led to a grand total of 438 meals being served to our students' and their special people!



Canby Firefighter visiting with students during lunch

Effective Use of Resources: Student Nutrition & Well-Being

As a company Sodexo is honored to be a partner with the Canby community. As the Canby School District's dining services provider we are committed to delivering the best services, products and programs. But what does that mean—what does Sodexo really do for the students?

We work diligently to further student well-being and achievement for the school district and community. Sodexo provides students and staff alike with a healthy and delicious food program to help them develop and achieve.



Lacey Winter, Kindergartener,
Philander Lee Elementary

One of our most important initiatives is to educate students about how to build a healthy plate with the right mix of foods. This involves providing education on moderation and portion control. Sodexo is a strategic partner with USDA ChooseMyPlate, which models the 2010 Dietary Guidelines for Americans. The Dietary guidelines are established every 5 years and reflect the best scientific evidence and recommendations for daily nutritional practices for Americans 2 years and older. The USDA school meals programs model these recommendations.

In 2010 USDA required significant changes to school meals in an effort to curb childhood obesity and promote better overall health through the Healthy, Hunger-Free Kid's Act (HHFKA). Our mission and focus aligns closely with the goals of the HHFKA. For example, students are offered a variety of fruits, vegetables and whole grains, as well as meal and side options with less saturated fat and sodium. We are committed to providing healthy, delicious meals to the students we serve while also giving them the tools to make healthy choices throughout their lives.

We wish the very best for our students' academically and we are excited to help our students achieve both in the classroom and in life with our outstanding school nutrition program.



Garden Bar, Ackerman Center



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. I am passionate about supporting the Canby Nutrition Services Team in our pursuit of enriching the lives of our student body, staff and community.

Please 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

Nutrition: Fresh Pick of the Month

December's Fresh Pick of the Month is jicama—a favorite at CHS in the Truitt Bros Grab & Go Hummus Boxes and an upcoming feature on the A-Z Salad Bar.

Jicama is a wonderfully juicy, sweet somewhat nutty tuber that tastes like a savory apple. It has a thick, papery skin that must be removed with a knife before consumption. The peak season for jicama is autumn through late

spring. Right now, while other vegetables are out of season, is a great time to enjoy jicama.

Jicama's health benefits are mainly derived from the unique mixture of vitamins and minerals like dietary fiber, vitamin C and even a little protein.

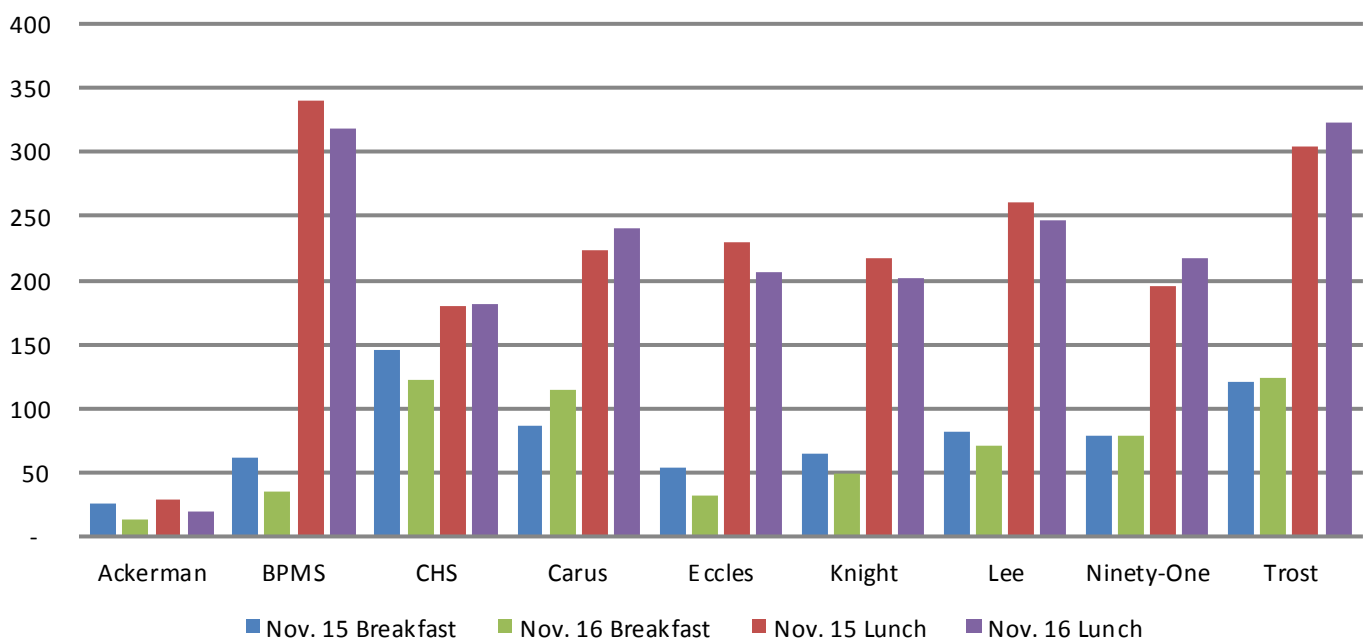
Jicama is most commonly enjoyed raw but can be cooked too. At our school sites, we peel it and cut it into sticks



but there are great recipes out there for jicama salsa, jicama slaw, jicama stir-fry and even jicama chips!

Performance: Average Daily Participation

November 2015 vs. November 2016



The data above shows the average, daily participation for all sites throughout Canby during November of 2015 and November 2016.

Carus Elementary School had the most significant changes to note. During the month they served nearly 15% more breakfast and lunch meals than last year. Ninety-One School also gained nearly 9% more meals throughout the month!

In order to help increase the number of healthy school meals served we have introduced a few new recipes such as Macaroni with Queso Blanco and BBQ Chicken Quesadillas. Also we'll be using the results from November's "Vote & Be Heard" to highlight some of the kids' favorite meal options.

Enhance Positive School-Community Relations: National Future Chefs Competition

We're thrilled to announce our upcoming promotion Future Chefs! Some of you may be familiar with this and some may be hearing about it for the first time. The whole concept of the event is to help educate the kids in HEALTHY EATING HABITS and to get them acquainted with the fun of cooking. Too often we hear about obesity in kids and kids not making the right choices in terms of their eating habits. That's why we ask kids to submit recipes for their favorite healthy comfort food!



How it Works:

- Students in 4th-6th grades that want to participate fill out a supplied recipe card;
- Teachers collect the recipe cards and turn them in to the building cafeteria;
- All recipes are collected from the building cafeterias on January 6, 2017;
- Distinguished Panel of Administrators narrow down recipes to top 2 recipes per school;
- Finalists are formally invited to a Culinary Competition "Cook-Off" where they prepare and plate their recipe for tasting and judging;
- All Finalists receive a framed plaque, a recipe book of all finalist's recipes, and Chef Coat, Apron and Hat.

The Culinary Competition Cook Off will take place on Thursday, March 16, 2017, tentatively scheduled from 4:00PM-7:00PM at Baker Prairie Middle School. The Local Press will be invited to take pictures of the kid's creations, and parents & teachers can view (and taste!) the final product from 6-6:30PM on March 16, 2017.

Final judging is be based on:

- Originality
- Healthy Attributes
- Ease of Preparation
- Kid Appeal
- Plate Presentation
- Use of Featured Ingredients
- Taste

We want the event to go smoothly so during the competition every two competitors will have a kitchen staff member assigned to them. This will ensure that safe food practices are followed and that no one gets harmed.

The department is so excited to host this event for our students! For any questions or if you'd like to be involved please reach out to Galina Dobson at dobsong@canby.k12.or.us

**HEY
STUDENTS!**

CAN YOU COOK?

4TH, 5TH & 6TH GRADERS!

Calling **"FUTURE CHEFS"** for our
CULINARY COMPETITION