



# Promote Student & Parent Success: Up Your Grain Game

Eating grains, especially whole grains, provides many health benefits. Grains provide many nutrients that are vital for the health and maintenance of our bodies. At school, we serve our students whole grains at every meal and we encourage them to make healthy choices outside of the cafeteria as well. So how can you aid in building these healthy habits?

For starters, try substituting a whole-grain product for a refined product like whole-wheat pasta or brown rice instead of white. To receive the full health benefits of whole grains, it's important to actually substitute the whole-grain product instead of adding it to the enriched product.

When trying to make this change, be sure to read your food labels. Look for and choose foods that name whole-grain ingredients first. Food packaging

can be misleading—foods that are labeled “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” or “bran” are usually not whole-grain products. Also, color is not an indication of whole grain! Bread can be brown because of molasses or other added ingredients. The only way to know for sure is by reading the food label.

Another tip for making the switch to healthier grains is to start with one or two items and gradually add more into your families diet! For more tips and information visit the Choose My Plate website.



Dulce de Leche Breakfast Quinoa

## Increase Student Achievement: Mindful by Sodexo



In September we launched the Mindful by Sodexo promotion at Canby High School in an effort to promote total wellness of body and mind. We are helping students' make this a priority by providing tools to make healthy choices second nature. In our cafeteria we have posted our new mindful tips to provide knowledge and encourage those healthy choices by our students.

There are a variety of online tools available that we shared with the CHS principal and health teachers. These tools include the Mindful website where they can view recipes, participate in fitness challenges and read articles on how to create a mindful balance. There is even section to “Ask our Dieticians” health and nutrition related questions. If you'd like to learn more visit: <https://www.mindful.sodexo.com/>

This is a great promotion and we are excited to add more Mindful recipes to our menus!

## USDA Update: Child Nutrition Reauthorization

Every five years, Congress must reauthorize child nutrition programs. However, when the 114th Congress adjourned on December 10, Senate Agriculture Committee Chairman Pat Roberts (R-KS) declared, “Child Nutrition Reauthorization (CNR) negotiations have come to an end,” without a final decision. Without getting too technical; until Congress enacts a CNR, all provisions of current law stay in effect so Healthy, Hunger-Free Kids act will continue to govern child nutrition.

The 115th Congress will be sworn in on January 3, 2017 and a new CNR bill will have to be drafted, debated and amended in both the House and Senate Committees. As child nutrition reauthorization progresses we will be sure to keep you updated.



## Nutrition: Fresh Pick of the Month

January's Fresh Pick of the Month is kiwi! Kiwi's are a popular fruit choice because the meat is sweet and juicy with a flavor similar to a strawberry.

Kiwi's can be eaten whole, peeled and sliced or by cutting it in half and scooping the flesh out (known as "slooping").

The kiwi season is a long one—usually lasting from October through May! The kiwi fruit shares it's name with the

national bird of New Zealand where it was introduced by missionaries in the early 20th century.

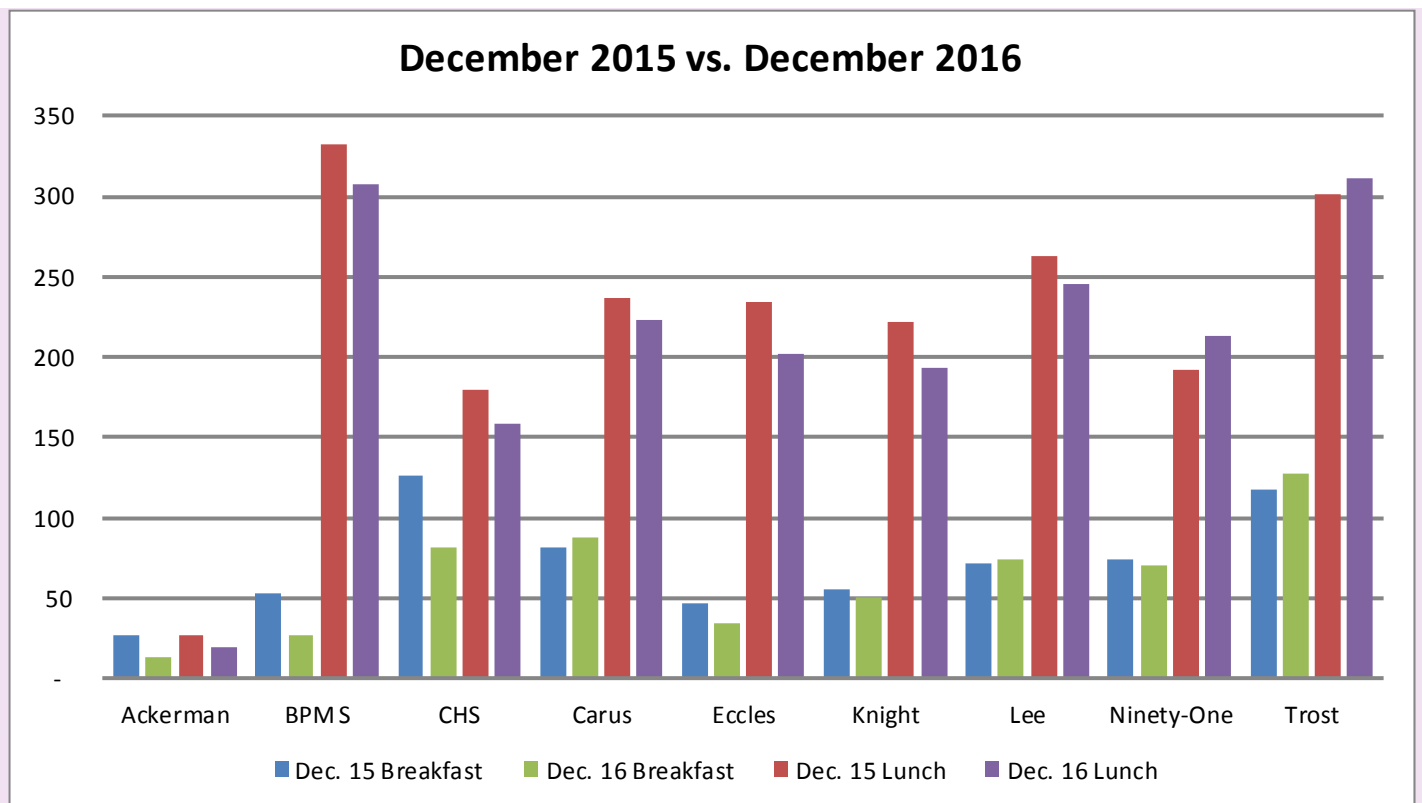
Kiwi is a surprising little fruit and unlike any other. It's small and light brown in color with a fuzzy surface. The meat of the fruit is lime green with tiny black seeds.

Kiwi not only contains good amounts of vitamin A which is great for skin, bone and tooth development but also



potassium to balance the body's electrolyte's and even omega-3 fatty acids! So this tasty, versatile treat really packs a punch! Visit our monthly menu to view a Kiwi Salsa recipe!

## Performance: Average Daily Participation



The data above shows the average, daily participation for all sites throughout Canby during December of 2015 in comparison to December 2016. While analyzing December 2016's meal counts we had to take into consideration that there were a few low attendance days due to poor weather which in turn caused meal counts to be down.

The trend we have been realizing this year is meal growth at Carus and Trost Elementary School's and that did not change during December. Trost saw an increase in breakfast and lunch counts while Carus saw an increase in breakfast counts! We will continue to be working with the managers at those two schools to see what has been working for them.

# Healthy High School Challenge Results



The Healthy High School National Challenge is an exciting annual event designed to drive sales and participation, reinforce the importance of making healthy food choices with our students and help build ongoing excitement around our foodservice program. Sodexo-managed high school programs compete to out-perform each other by earning points

for served reimbursable meals and healthy a la carte snacks and beverages each October. The more meals, healthy snacks and beverages served, the more points earned toward winning the challenge and the Top Prize of \$5,000. This was Canby High School's first year competing and while we didn't place in the top four we still finished strong!

Of the 295 high schools that participated in this year's challenge, the following schools were the big winners:

\$5,000 - Grand Prize - Washington High School in Indiana

\$2,500 - 2nd Place - Roseburg High School in Oregon (special congratulations to our southern neighbors!)

\$2,500 - Top Snack & Beverage - Bucyrus High School in Ohio

\$2,500 - Top Combo - Georgetown High School in Texas

The top two \$1,000 Spirit Awards go to West Warwick High in Rhode Island and Gatesville High in Texas for their outstanding videos depicting school spirit. Honorable mention and \$500 go to Stilwell High School in Oklahoma, as well as Millard North, Millard South and Millard West High Schools from Nebraska for their video submissions.

We can't wait to participate next year with our experience and work hard to get a top spot!



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.

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)

# Partnership for a Healthier America

On November 17, Sodexo scored the first ever Catalyst for Change Partner of the Year recognition by the Partnership for a Healthier America (PHA). PHA, a nonpartisan, nonprofit organization chaired by First Lady Michelle Obama, is led by the nation's most respected health and childhood obesity advocates.

Sodexo received this distinction out of 200 eligible PHA partners by executing key strategies to serve populations disproportionately impacted by obesity. PHA CEO Lawrence A. Soler notes "When forming this partnership with Sodexo, PHA was well aware of the company's widespread potential impact across the food industry, but we are now seeing the tremendous results of its efforts. Sodexo has been a stellar partner

and I am proud to recognize them as Partner of the Year."



Sodexo's contributions fueled by metrics-driven PHA commitments centered on educating young consumers and their parents, providing healthier vending options and implementing Smarter Lunchroom tactics. Sodexo successfully served an additional 17 million free breakfasts in primary and secondary schools!

We are proud of our partnership with PHA and will continue to focus on achieving our shared goals.



# How to Leave School at School & Work at the Office

One often hears about the need to leave work at work but the same ideals can, and arguably should, be applied for students. To be successful in any aspect of life—balance is necessary. Families are encouraged to work towards a work/school and personal life balance together. Stress not only effects a persons mood and relationships but can impair memory as well. For a student suffering test anxiety, grades are likely to suffer and similarly in a high-stakes business interaction stress may cause you to forget the focus of your discussion.



Before warding off all stress, remember that in small doses stress can be good as it will motivate you or your child. The downfall to stress is when it grows to a point of debilitation. Recent research shows that kids are suffering from stress caused by overscheduling, pressure to succeed in school, parents' financial insecurity or conflict with peers or family members.

Senior director at the Benson-Henry Institute for Mind Body Medicine (BHI) at Massachusetts General Hospital Marilyn Wilcher has noted that stress in kids seems to get worse, not better, with age. "We regularly see kids who are so anxious about taking tests that they freeze," says Wilcher. BHI has developed a program called Resilient Youth, aimed at teaching kids effective ways to manage stress. "We teach them relaxation techniques [...] They learn to stop, breathe, reflect and choose, [...] to look at their thoughts and recognize whether they are realistic or not." Wilcher says, which is great advice for anyone dealing with stress.

What else can we do to deal with the daily stressors in our lives to find that healthy balance? Talk! Discuss schedules, events and activities with your family and commit to the things that are most important. This discussion will keep schedules lighter, allowing better focus on those chosen tasks and reduced stress.

If you can't eliminate a stress then focus on healthy ways of dealing with it. One such technique is to "Leave It at the Door" which teaches people to figuratively leave issues and problems at the doorway when arriving home from school or work. More literally, one could spend five minutes writing about their daily stress and drop it in a box to stay for the night. The point of this exercise is not to discount anyone's feelings or problems but rather to set oneself up for dealing with work or school problems in an appropriate environment and time. To really drive this method home, mention one great thing that happened at work or school that day. No exceptions. No complaining. Just the best thing that day, even if it was just a good cup of coffee. This has the effect of starting your evening off on a positive note. The ultimate goal is to leave more troubles at school or the office and enjoy your time at home.



When you hear your loved ones or yourself complaining try to actively stop co-ruminating, which is the clinical term for venting to the point of obsession. Talking about your problems at length causes you to dwell on them, which makes you feel low, which makes you complain even more, explains Amanda Rose, an associate professor of psychological science at the University of Missouri. When you feel this happening try to brew some peppermint tea — the scent of peppermint has been shown to decrease anxiety and feelings of frustration.

Happiness in the home leads to better success in the workplace and in the classroom. So take the time as a student and as a worker to decompress and put your energy into your tasks in a timely manner and when you're done for the day, leave them alone. Focus on school while at school, work while at work and home life while at home for an overall happier well being! For more tips, tricks or information on dealing with stress visit the Anxiety and Depression Association of America's webpage at <https://www.adaa.org/tips-manage-anxiety-and-stress>.