



Delivering on Student Well-Being

Achievement

As the 2016-17 school year starts to get into full swing we have been enjoying the fruits of our hard work from over the summer. We've hired new staff, planned and trained as a team. The students' have been back with us for over a month and everything has been going great.

Our new recipes were received very well by the students'. The whole wheat warm apple breakfast pockets and pork carnita tacos were some of the favorites. We are in the process of bringing in a few more new options as we progress through the fall.

During September the elementary schools' have been running The A-Z Salad Bar promotion. So far we have worked through letters A, B and C. Not only have we talked about the fruits and vegetables we had in salad bars, but about all the fruits and vegetables that begin with those letters.

The managers in the kitchens have really embraced the promotion and the opportunity it provides to expose the student's to all of the varieties of fruits and vegetables.

The letter C was a favorite at Lee Elementary School. Manager Brigitte Zieg took the letter of the week to the next level by describing each item on her salad bar with a word that started with C. The students' were excited to come up with their own describing words too as we visited with them while they ate lunch.

As we progress through the alphabet a diverse variety of produce will be introduced, so stay tuned!



All-State Training 2016

During the all-state in-service day on October 14th many members of the department will be travelling down to Eugene to participate in a nutrition services professional training.

All of the managers of the K-12 Sodexo accounts in Oregon have been busy planning a fun and educational all-day event to bring together and education all of the nutrition service staff members from around the state.

We will have a guest speaker, Matt Upton, there to discuss leadership in our roles, a cooking competition, nutritional trainings and "Paperwork 101." We're very excited for this opportunity to come together and expand our knowledge.

Carryover Eligibility for Free and Reduced Priced Meals Ends October 10

If your family qualified for benefits last year ensure you've reapplied or requalified for the 2016-17 school year. Applications must be renewed each year and the carryover eligibility from the 2015-16 school year expires soon. *Complete the annual Family Application for Free or Reduced Meals now to receive benefits for the new school year. All personal information remains confidential.*

We have applications available online to print, for pickup in the district office or at your child's school and we now have the option to complete and submit your application entirely online.

Nutrition

The Fresh Pick of the Month during October is fresh pears. These pears are sourced from Hood River, Oregon!

These pears have been crisp and tasty. The students have really enjoyed having them on the salad bar.

Pears are among the most popular fruits in the world! They are an excellent source of fiber and a good source of vitamin C. They're sodium free, fat free, and cholesterol

free. That's a lot of nutrition in one sweet and juicy package.

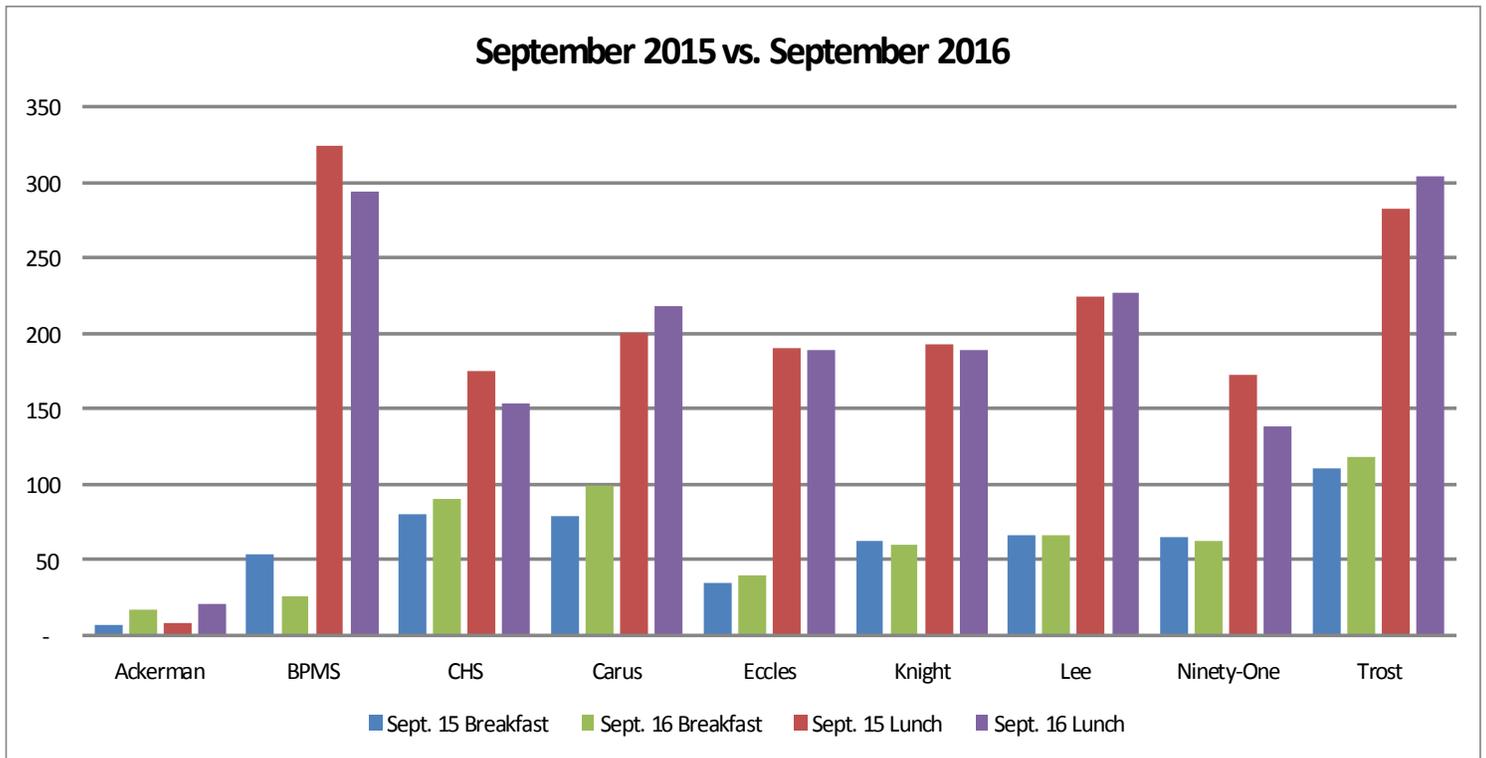
A student submitted a tasty recipe for a Pear Salsa that we encourage you to try!

1 cored and finely chopped pear/apple/orange, 2 cored and finely chopped kiwis, 2 tablespoons of honey and 1 teaspoon of lemon juice all gently tossed together and served with cinnamon graham crackers!



Chestnut Hill Farm Pears

Performance: Average Daily Participation



The data above is the average, daily participation for all sites during September of 2015 and 2016. This school year started off with strong participation in both the breakfast and lunch programs. Nearly every primary site saw an increase in breakfast and in lunch! Overall, the district saw an increase in meals between the two years of 6% which we anticipate to continue through the year.

The team has done a wonderful job embracing the new promotions and getting the student's excited about the healthy and delicious options we have available during breakfast and lunch!

USDA Updates: Administrative Review

This year marks an audit year for the Canby School District! Our district operates under the Richard B. Russell National School Lunch Act, as amended by the Healthy Hunger-Free Kids Act of 2010 (HHFKA). This requires a unified accountability system to ensure all participating school food authorities (SFA's) comply with National School Lunch Program (NSLP) and School Breakfast Program (SBP) requirements. The accountability system requires that State Agencies (SAs) conduct Administrative Reviews triennially.



An Administrative Review provides for a robust review of program operations. This includes the implementation of the HHFKA program requirements and other Federal programs.

The Administrative Review process is implemented in two parts: on-site and off-site portions. The off-site component collects information from the SFA. This process allows ODE to gain a better understanding of a school's operations prior to the on-site review. The on-site portion of the Administrative Review is intended to validate the information collected off-site and provide an opportunity for ODE to observe the operation of the school nutrition program in selected schools.



During the on-site visit, the auditor will be reviewing Trost Elementary School and Baker Prairie Middle School. The on-site audit will happen November 7th, 8th and 9th.

The nutrition services team is currently very busy preparing for this audit since it is right around the corner! We've already completed the off-site portion and are gathering the information requested for the on-site portion.



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

Wellness Policy

A local school wellness policy guides a school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn.

The Canby School District recently went through an extensive review and edit of the wellness policy.



The policy will not only assist in the guidance of our nutrition services program but with classroom celebrations, staff wellness, physical education and movement.

We encourage the participation of the general public in the pursuit of improving students' health and well-being.

One way the nutrition services department is supporting this goal is with the enactment of the Mindful promotion at the Canby High School. This program promotes mind and body wellness and provides tools to help individuals reach those goals. Mindful provides fitness ideas, examples and challenges, recipes and more!



Our team at the primary sites is utilizing the A-Z Salad bar to help expose students to a variety of fruits and vegetables but also teaching them about balanced meals and nutritious days.

If you'd like to review the Wellness Policy or learn more about our plans to reach these goals visit the school district website at <http://canby.k12.or.us>.